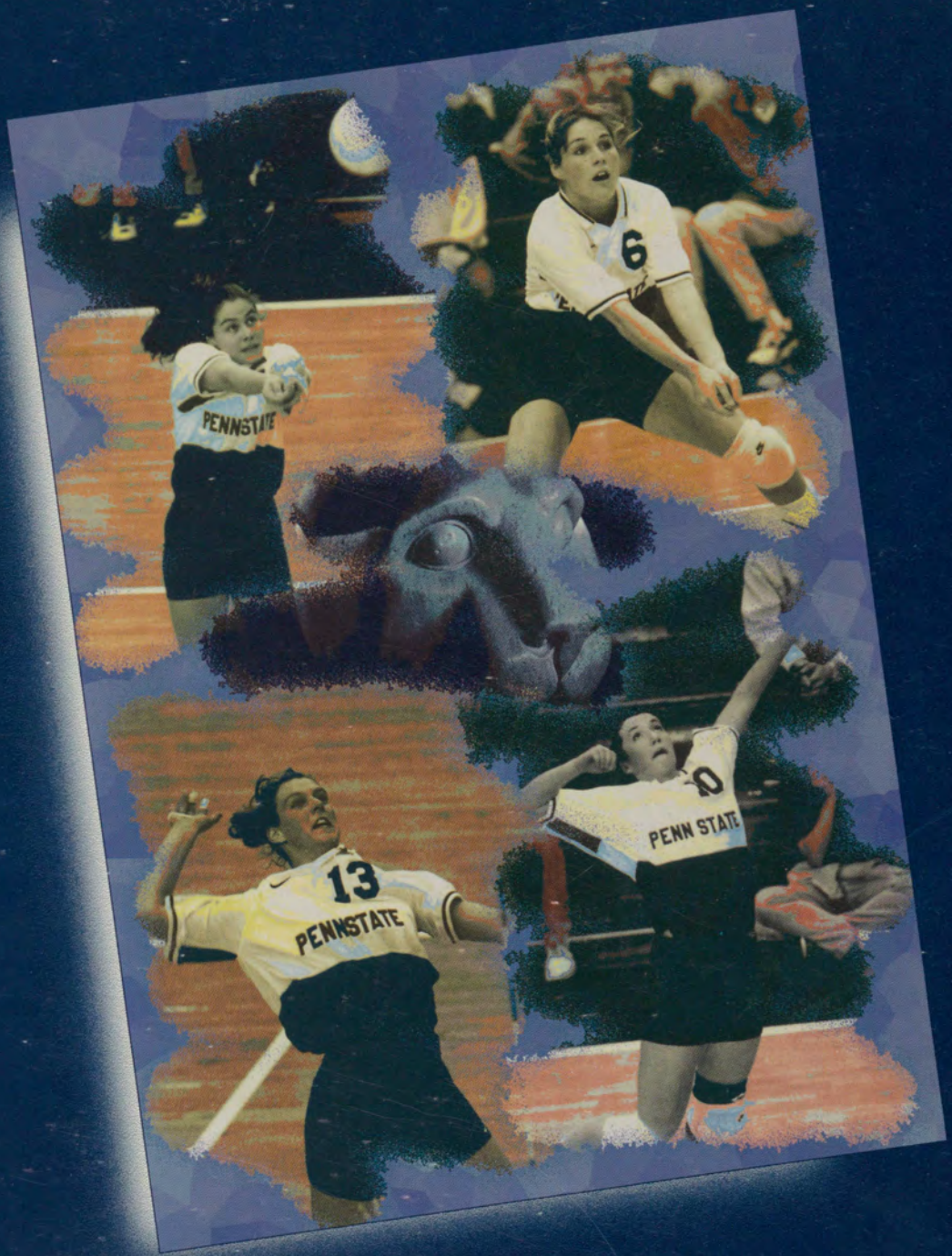
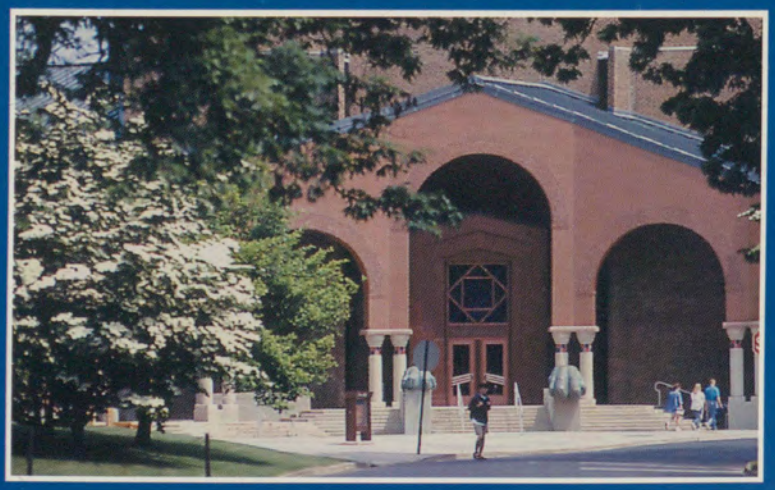
Penn State®



Women's Volleyball

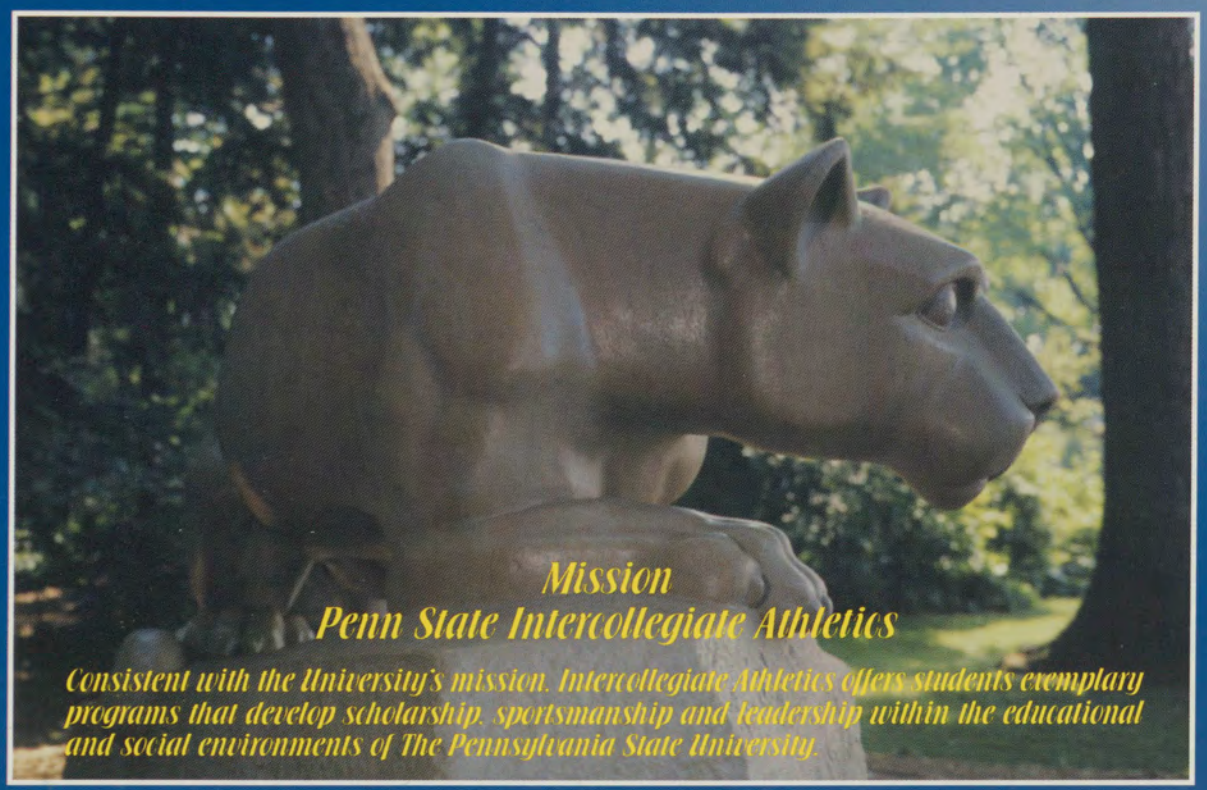
1996

BIG TEN® CONFERENCE



Penn State is the ideal setting for any Hollywood director doing a film on college life."

— CBS 60 Minutes



Mission
Penn State Intercollegiate Athletics

Consistent with the University's mission, Intercollegiate Athletics offers students exemplary programs that develop scholarship, sportsmanship and leadership within the educational and social environments of The Pennsylvania State University.

1996 Schedule

DATE	DAY	OPPONENT	TIME
		Louisiana State Classic	
Sept. 1	Sunday	Memphis	2:00 p.m.
Sept. 1	Sunday	at Louisiana State	7:30 p.m.
Sept. 2	Monday	at New Orleans	1:00 p.m.
		PENN STATE INVITATIONAL	
Sept. 6	Friday	**CONNECTICUT**	8:00 p.m.
Sept. 7	Saturday	**ST. BONAVENTURE**	10:00 a.m.
Sept. 7	Saturday	**MASSACHUSETTS**	8:00 a.m.
		Mizuno USA Cup at Chicago	
Sept. 13	Friday	Notre Dame	8:30 p.m.
Sept. 14	Saturday	Consolation	5:30 p.m.
Sept. 14	Saturday	Final	7:30 p.m.
		PENN STATE CLASSIC	
Sept. 20	Friday	**BAYLOR**	8:00 p.m.
Sept. 21	Saturday	**WILLIAM & MARY**	1:00 p.m.
Sept. 21	Saturday	**ALABAMA**	7:30 p.m.
Sept. 27	Friday	at Minnesota *	7:00 p.m.
Sept. 28	Saturday	at Wisconsin *	7:00 p.m.
Oct. 4	Friday	**PURDUE** *	7:30 p.m.
Oct. 5	Saturday	**INDIANA** *	7:30 p.m.
Oct. 11	Friday	at Michigan State *	7:00 p.m.
Oct. 12	Saturday	at Northwestern *	7:30 p.m.
Oct. 16	Wednesday	at Ohio State *	7:30 p.m.
Oct. 19	Saturday	**MICHIGAN** *	7:30 p.m.
Oct. 25	Friday	**IOWA** *	7:30 p.m.
Oct. 26	Saturday	**ILLINOIS** *	7:30 p.m.
Nov. 1	Friday	at Indiana *	7:30 p.m.
Nov. 2	Saturday	at Purdue *	7:30 p.m.
Nov. 8	Friday	**NORTHWESTERN** *	7:30 p.m.
Nov. 9	Saturday	**MICHIGAN STATE** **on ESPN2*	5:00 p.m.
Nov. 13	Wednesday	**OHIO STATE** *	7:30 p.m.
Nov. 15	Friday	at Michigan *	7:00 p.m.
Nov. 22	Friday	at Illinois *	7:30 p.m.
Nov. 23	Saturday	at Iowa *	7:00 p.m.
Nov. 29	Friday	**WISCONSIN** *	7:30 p.m.
Nov. 30	Saturday	**MINNESOTA** *	7:30 p.m.
		NCAA Championship	
Dec. 4	Wednesday	1st Round	
Dec. 6-8	Fri.-Sun.	2nd Round	
Dec.13-14	Fri.-Sun.	Regionals	
Dec.19-21	Thur.-Sat.	Final Four, Cleveland, Ohio	

Statement of Nondiscrimination

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. The Pennsylvania State University does not discriminate against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 201 Willard Building, University Park, PA 16802-2801; tel. (814) 863-0471; TDD (814) 865-3175.

PennState

1996 WOMEN'S VOLLEYBALL YEARBOOK

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QUICK FACTS

Location: University Park, Pa.
Founded: 1855
University Park Undergraduate Enrollment: 32,715
Conference: Big Ten
Colors: Blue & White
Nickname: Nittany Lions
Home Court: Rec Hall (6,846)
Athletic Director: Tim Curley
Associate Athletic Director (Women's Sports): Ellen Perry
Assistant Athletic Director (Women's Sports): Susan Delany-Scheetz
Head Coach: Russ Rose (George Williams, 1975)
Rose's Penn State Record: 555-114 (17 years)
Assistant Coaches: Erin Tomblin, Mike Schall, Zeynep Ton & Saundi Lamoureux
Office Telephone: 814-863-7474
Starters Returning/Lost: 5/1
Letterwinners Returning/Lost: 13/3
1995 Record: 28-7
1995 Big Ten Record/Finish: 14-6/3rd
Tri-Captains: Claudette Otero, Heidi Rottinghaus, Terri Zemaitis
Cover: Seniors Claudette Otero, Heidi Rottinghaus, Jodi Niswender and Angie Kammer.

Head Coach Russ Rose

1990 & 1993 Volleyball Monthly National Coach-of-the-Year

1990, '92, '93 & '94 NCAA Mideast Region Coach-of-the-Year

1992 & '93 Big Ten Conference Coach-of-the-Year

Russ Rose directs the Penn State volleyball program with a quiet, yet reassuring, confidence that is the unmistakable life blood of one of the nations most successful programs.

It is a confidence not gleaned from the shine of numerous trophies and accolades bestowed upon the coach and the program, though no one would question if it was. In 17 seasons at Penn State, Rose has collected wins at a staggering pace. Never having posted less than 26 wins in a season, he is quickly approaching his 600th Penn State victory and has firmly entrenched Lady Lions among the elite programs in the nation.

Rose does not reflect on past successes. "People can get spoiled really quickly in athletics and that's a real problem," Rose said. "It's not easy to be successful and when people get accustomed to results it sometimes loses its effect on the players and they forget what it really takes to succeed."

Instead, Rose addresses each new team and season on its own terms and his confidence lies in the ability and work ethic of his current players and coaching staff.

"I'm never much of a believer in predicting a teams level of success," Rose said. "I can only state that we're going to do our best. If we're good enough to win some matches, but if we lose it's not going to be because we didn't work hard and it's not going to be because we rested on our program's previous laurels."

Perhaps no where was Rose's infusion of confidence more evident than last year when he lead an inexperienced team with one senior leader and a rookie setter to a 27-8 record and No. 8 final national ranking. Roses ability to convey a belief in his players and to instill an uncompromising work ethic lead to the Lady Lions sixth straight appearance in the NCAA "Sweet 16" and a third place finish in the Big Ten. Along the way he guided Penn State's third Big Ten Player-of-the-Year in just five seasons in the conference as sophomore Terri Zemaitis captured the award.

"I want the players to have a good experience — I want them to enjoy the many opportunities available at Penn State, but clearly I want them to know that they've come to a competitive, disciplined program and we're going to work hard," Rose said. "And have some fun along the way.

"We're not fanatics, and I want them to be happy. It's certainly easier to be happy when you're winning than when you're losing. So, we'll have to provide them with the necessary direction and opportunities and hope they remain healthy enough to see if we can make a run at winning as many matches as possible."

Something that has never been a problem for the coach. In his 17 seasons at Penn State, Rose's record is 555-114, an 82.9 winning percentage that ranks among the top five all-time nationally! His squads have secured 30 or more wins in a season 12 times and 36 or more victories five times.

In 1994, Rose coached the Lady Lions to a second-straight NCAA Final Four appearance and picked up his 500th win at Penn State early in the season. Placing second in the Big Ten with a 17-3 conference mark, the Lady Lions posted a 31-4 ledger on the year and ended the regular-season ranked No. 5, their highest regular-season finish ever. Season highlights included beating national runner-up and perennial powerhouse UCLA at the *Volleyball Monthly* Invitational and stunning No. 1-ranked and undefeated Nebraska in Lincoln in front of a full house at the NCAA Mideast Regional final to once again reach the Final Four.

Rose added to an already crowded trophy case by picking up the NCAA Mideast Region Coach-of-the-Year honor for the fourth time.

Still, Rose has had more to do with Penn State's success on the court than he's willing to admit.

"I think that it's a reflection of my years of service and the caliber of players and staff we've attracted in the past," Rose said. "When you retire from coaching, people will look and see the success you had, but I'd like to be evaluated on the success of my players, their feel for their experience they had at Penn State and the growth that the program has had since the time I came here. We had three in state scholarships and hand-me-down basketball jerseys when I started at

ROSE'S PENN STATE RECORD

Season	*Record*	*Conference Finish*	*National Finish*	
1979	32-9	3rd, EAIAW	—	
1980	34-11	1st, EAIAW	13th,	AIAW
1981	44-5	1st, EAIAW	9th,	NCAA Mideast Region Semifinal
1982	26-15	2nd, Atlantic 10	13th,	NCAA First-Round
1983	36-10	1st, Atlantic 10	9th,	NCAA Mideast Region Semifinal
1984	30-6	1st, Atlantic 10	9th,	NCAA Mideast Region Semifinal
1985	31-5	1st, Atlantic 10	13th,	NCAA First-Round
1986	38-5	1st, Atlantic 10	9th,	NCAA Mideast Region Semifinal
1987	27-9	1st, Atlantic 10	17th (tie),	NCAA First-Round
1988	36-4	1st, Atlantic 10	17th (tie),	NCAA First-Round
1989	34-7	1st, Atlantic 10	17th (tie),	NCAA First-Round
1990	44-1	1st, Atlantic 10	5th (tie),	NCAA Mideast Region Final
1991	26-6	2nd (tie), Big Ten	9th (tie),	NCAA Mideast Region Semifinal
1992	28-4	1st (tie), Big Ten	9th (tie),	NCAA Mideast Region Semifinal
1993	31-5	1st, Big Ten	2nd,	NCAA Championship Final
1994	31-4	2nd, Big Ten	3rd (tie),	NCAA Championship Semifinal
1995	27-8	3rd, Big Ten	8th	NCAA Central Region Semifinal

Penn State Record: 555-114, 17 seasons, 82.9 winning percentage.
Big Ten Record: 83-17, 5 seasons, 83.0 winning percentage.

ROSE'S CAREER HIGHLIGHTS

- 1990 & 1993 *Volleyball Monthly* Division I National Coach-of-the-Year
- 1990 AVCA National Coach-of-the-Year
- 1990, 1992, 1993 & 1994 NCAA Mideast Region Coach-of-the-Year
- Four-time NCAA Northeast Region Coach-of-the-Year
- 1992 & 1993 Big Ten Conference Coach-of-the-Year
- Six-time Atlantic 10 Conference Coach-of-the-Year
- Ranks in the top five all-time in winning percentage (82.9)
- Has led Penn State to 15 consecutive NCAA Tournaments
- Six straight appearances in NCAA Regional action
- Coached Penn State to the 1993 Big Ten title
- Steered the Lady Lions to a share of the 1992 Big Ten title
- Directed Lady Lion teams to eight straight Atlantic 10 Championships
- Never lost an Atlantic 10 regular-season match (49-0)
- Selected to coach U.S. National teams in international competition numerous times
- At least one of his players has earned All-America honors 16 of his 17 seasons
- Boasts 32 Academic All-Big Ten selections in only five conference seasons
- 11 players earning conference "Most Valuable Player" honors in the last 13 years.

The Rose Family.

THE ROSE COACHING PHILOSOPHY

Russ Rose has taken Penn State from the regionally competitive level to that of a perennial National Collegiate Athletic Association Tournament team since he took over the Penn State women's volleyball program in 1979.

The development has been complete and successful, because of excellent talent and an equally sound method.

Following is "The Rose Coaching Philosophy:"

Coach's Role

"I believe the coach has various roles that require constant control and attention.

"First, and foremost, is the recruitment of quality student-athletes. With effective coaching, student-athletes become the real key to a team's success.

"Secondly, we as a staff have to relate to the players what we feel is important for their growth and success. All the knowledge in the world will prove to be useless if you can't prepare your team for competition.

"Third, we have to prepare the team both physically and mentally. The physical preparation is easy as the Penn State environment encourages the pursuit of excellence. The mental aspect of our players' development is one of the keys that I feel has separated us from our competition.

"Through our admission to the Big Ten Conference, Penn State has continually made the commitment for us to play the best teams available. We annually compete before some of the largest crowds in the country as the Big Ten has led the nation in attendance five of the last six seasons.

"Outside the Big Ten, we play a competitive non-conference schedule. We continually strive to meet teams during the regular-season that have advanced to the national championship playoffs.

"I believe that the only way to see where our team is and where we aspire to be, is to play the best teams available. Our administration has allowed us to truly compete for the national championship."

Fundamentals

"I believe that you need to have good, sound, basic fundamentals if you hope to be competitive. The success of any team is based on an athlete's commitment to fundamentals. I will never sacrifice the time necessary to develop a strong foundation. This is where a team's discipline and confidence is first introduced and developed. Every one of our players is challenged to become the best they can be every day."

Team Play

"In my opinion, volleyball is the ultimate team sport. You must communicate and sacrifice to be successful. All the players must possess a wide variety of skills and be willing and able to play together. My approach is to select the best combination of players who will play together and at the same time seek to fulfill their own roles and goals.

"The team that is willing to emphasize the pursuit of excellence at its own personal expense is the team that most often succeeds. Our success over the last few seasons, where we advanced to the national semi-final and championship matches, continue to reinforce those beliefs."

Team Defense

"Team defense is one of the aspects of coaching that I really enjoy. The pursuit of the ball in a game can only occur through preparation and repetition. I believe that everyone in the program has to rally around certain concepts. At Penn State, we play hard, controlled defense, which means every player pursues every ball or they are taken out. I believe if you train hard, then the game appears to be easy. Our defensive philosophy is to keep every ball in play — every day of each season. I believe we have shown this works over the long haul as well."

Penn State. I think that's more of a reflection of what I was hoping to accomplish when I entered the profession."

Yet, the on the court accomplishments do speak volumes. In 1993, another dream season, the Lady Lions surged into their third year of Big Ten play and won their second consecutive conference title. At the NCAA Tournament, the team strung together four victories and earned the right to play for the National Championship against Long Beach State. Rose puts the success in proper perspective.

"There's a large number of excellent coaches at great schools that have yet to break into the Final Four. There's a small number of teams that have made it to the Final Four and fewer have gotten to the final match. I won't look at it (reaching the final match) other than it was a great ride that the players took us on and it reinforced that there's validity on how I've run the program here at Penn State.

"The players need to understand what it takes to be successful and they need to have fun. We showed that winning can be fun and that it isn't necessary to change in a stressful environment."

Rose's formula for success was recognized by the media and his coaching peers when he garnered the triple-crown of coaching accolades in 1993 as he did in 1990. *Volleyball Monthly* named Rose the National Coach-of-the-Year and he also was picked as the NCAA Mideast Region and the Big Ten Conference Coach-of-the-Year.

It was the second time Rose was honored nationally (1990), and the second-straight year the Big Ten voted for the Lady Lion leader. In addition, he has been awarded Northeast Region Coach-of-the-Year four times and Atlantic 10 Conference Coach-of-the-Year six times.

"Coach is a great guy," confided three time All-American Salima Davidson, who currently is an alternate on the U.S. Olympic team. "He's very straight-forward and to the point, which is what I like. The thing about

Rose Continued

him is that you can talk to him and he can help you with any problems you might have. Then, on the court, he's all business. I like that combination."

So does former Lady Lion outside hitter and former volunteer assistant coach Jen Reimers. "You learn how to be a better person and a better player," she said about Rose's teaching ability. "You learn how to work with everybody else."

"I like the fact that he comes out and tells you exactly how it is," said Penn State All-American Laura Cook (1991-94). "He bases a lot of our experience on the court to life and life after volleyball."

Many athletes have thrived under Rose's tutelage as witnessed by the 11 All-Americans (23 selections in all) and seven All-Big Ten players (13 selections in all) he has coached. Last year Zemaitis, the Big Ten Player-of-the-Year, joined the All-Big Ten list and Zeynep Ton garnered her second selection while Angie Kammer netted honorable-mention honors.

Penn State also placed five players on the All-Big Ten Academic team last year running the total number of Lady Lions selected in five years to 19 (31 selections in all). Ton also made her second consecutive appearance on the GTE Academic All-America team. She is among six Lady Lions to have obtained that honor during Rose's tenure.

Prior to entering the tough Big Ten conference in 1991, Penn State experienced unprecedented success in the Atlantic 10 Conference, winning eight straight championships. In seven seasons of round-robin play, the Lady Lions never lost a conference match, reeling off 49 consecutive wins. The 1990 season was Penn State's last in the Atlantic 10 and it proved to be one of the most exciting in the 18-year history of the program.

Unbeaten in 42 regular-season matches, the Lady Lions swept Purdue and Big Ten champion Wisconsin in the first two rounds of the NCAA Tournament. Of the team's 44 wins, 40 were sweeps, a school and national record. Penn State, 12-0 against NCAA Tournament teams, lost to Nebraska in four games in the Mideast Region championship match in Lincoln.

Penn State finished sixth in the final 1990 Tachikara Coaches Poll, the program's highest final ranking ever to that point.

Three Lady Lions — JoAnn Elwell, Michelle Jaworski and Noelle Zientara — were named All-Americans by the AVCA and *Volleyball Monthly*.

An eight-time nominee for national Coach-of-the-Year, Rose garnered the Atlantic 10 Coach-of-the-Year award in 1984, 85, 87, 88, 89 and 90.

Throughout his career, Rose has been called upon to share his expertise with the coaches and players who represent the United States in international competition. In 1989, he was an assistant coach with the United States men's national team for an exhibition series with Canada and the Soviet Union. His work on the international scene was to have continued in July of that year, but personal commitments and time constraints prevented him from accepting the position as head coach of the U.S. women's team to the Maccabiah Games.

In 1990, Rose worked with members of the men's national and developmental teams during training camp in San Diego. In 1993, he assisted in the U.S. men's matches with Canada and the women's against China.

An instructor in the USVBA coaches certification program, Rose has served as a national referee and evaluator and state director for volleyball for the Special Olympics.

Rose was a member of the NCAA Division I Volleyball Committee for six years and the NCAA representative to the United States Volleyball Association Rules Committee.

Rose served as head coach of the U.S. men's team, which won the bronze medal at the 1985 Maccabiah Games, and the U.S. women's silver medal team in the 1981 Maccabiah Games. He won bronze medals as an assistant coach of the women's team in the 1982 National Sports Festival and as the East women's head coach at the 1983 Festival.

An active clinician, Rose coached professional men's volleyball in Puerto Rico in 1976.

Players are not the only ones to benefit from Rose's tutelage. Penn State's last three assistant coaches — Cindy Harris, Karin Wallenstein and Mike Schall — have gone on to head coaching positions. Nearly 20 individuals within the college coaching fraternity have gained instruction from Rose.

A 1975 graduate of George Williams College, Rose was a member of the school's team that won the 1974 National Association for Intercollegiate Athletics national championship. He was the captain of the 1975 team that finished third in NAIA competition.

After graduation, Rose remained at George Williams for two years as a part-time coach, helping the women's team win two state titles and place sixth in national competition. He also assisted the men's team that won another national championship in 1977.

In 1978, he completed his master's degree at Nebraska, where he was the defensive coach for the Cornhusker women. While writing his thesis on volleyball statistics, he led the second team to a two-year varsity mark of 52-5.

In 1986, Rose married Lori Barberich, a former three-time All-American at Penn State. They are the parents of four sons, Jonathan, Michael, Christopher and Nicholas.

Student-Athlete

"The term student-athlete is a very valid one here at Penn State and in the Big Ten. We recruit not only quality athletes, but quality students as well. There is no question in my mind that the well-rounded individual will be better prepared to deal with the numerous challenges faced in life. The programs available at Penn State are geared for success. The opportunity to pursue your potential, both academically and athletically, is in place and working well at Penn State.

"I expect a commitment both to academics and athletics. I take great pride in the fact that every young woman who has entered our program and completed her playing eligibility has received or is on target to receive her degree. Rankings of the 29 athletic programs on campus reveal that the women's volleyball team annually posts one of the highest cumulative grade-point averages. With proper emphasis on the importance of maintaining high academic standards, I know we will achieve continual success."

Penn State University

"I am very optimistic on the future of Penn State women's volleyball and don't think there is any place in the country I'd rather be. The community has supported us during our development and the university commitment is to be the best in everything it offers, from academics to athletics."

The Big Ten Conference

"The Big Ten is certainly one of the premier athletic conferences in the nation. It is a conference which is fully committed to the pursuit of excellence. The opportunity to play in the Big Ten truly enhances our program. The excitement generated by the athletes and fans at matches is great for the sport. It's a great environment in which to compete."

Erin Tomblin *Assistant Coach*

Entering her fourth season as a Penn State assistant, Tomblin has been a part of the most successful era in Lady Lion volleyball history. In her first season, 1993, Penn State made its first ever NCAA Final Four appearance and then proceeded to repeat the accomplishment the next year.

"I think maybe Erin's been our lucky charm," grinned head coach Russ Rose. "Maybe we needed somebody new to give us that championship taste."

Her teaching abilities and contributions towards continuing Penn State's distinguished history have not gone unnoticed by Rose.

"I think Erin deserves a great deal of the credit with the development of (redshirt freshman setter) Samantha Spink," said Rose. "As a player, Erin was a good setter and was instrumental in developing game plans and executing them. I think she understands the game very well and her selection to coach with the USA Junior National team for the second year attests to her bright coaching future."

Tomblin brings a distinctive West Coast flair to the Lady Lion program. As an undergraduate at San Diego State, Tomblin served as team captain and was voted Most Valuable Player in 1989. Before transferring to San Diego State, she competed for two years at United States International University. In addition, she was a member of the Asics Tiger Junior Volleyball Club for six years and was selected the Most Valuable Player at the Junior National Tournament in 1985, when her team won the title.

After earning a bachelor's degree in liberal studies, Tomblin coached at the University of San Diego from 1990-92. Before accepting the post at Penn State, she served as an assistant coach at Cal State-Northridge.

Tomblin, who holds a master's degree in human behavior from National University in San Diego, also was on the coaching staff of the San Diego Volleyball Club from 1990-92.

Tomblin boasts considerable experience in the areas of recruiting, scheduling, budget preparation, planning and coordination of practices, fund raising, and the development of weightlifting and conditioning programs.

Michael Schall *Assistant Coach*

Now in his sixth season as a Penn State assistant, Michael Schall is the most veteran member of Penn State's women's volleyball coaching staff other than Head Coach Russ Rose.

Schall earned four letters as a defensive specialist on the Nittany Lion volleyball team. A two-year co-captain, Schall also displayed longevity as a player as he played in every Penn State match during his four year career.

Schall brings the experience of a proven winner as he was a member of three EIVA championship teams and advanced to the NCAA Final Four three times.

Schall, a native of Latrobe, Pa., earned his degree in the teaching option of the exercise and sport science curriculum. He is the second generation of Schall's to enter the volleyball coaching profession as he played for his father, Richard, at Derry Area High School.

"Mike is clearly a major contributor to the success of our program," noted coach Russ Rose.

"He fills in the gaps and covers up the weakness that i have, so we compliment each other quite well. Mike's also a tremendous opponent to play against when we are preparing for an opposing team. He is very enthusiastic and loyal to Penn State volleyball, and will be a great coach."

Zeynep Ton *Student Assistant*

A four-year letterman for the Lady Lions from 1992-95, Ton begins her first season as a member of the Penn State coaching staff.

A native of Istanbul, Turkey, Ton excelled both on and off the court for the Lady Lions during her playing career. As an outside hitter she helped lead Penn State to two final fours and served as a co-captain in her senior season. The talented left-hander was twice named to the Big Ten All-Conference team and excelled during the heat of the NCAA tournament, twice being named to the All-Mideast Region team and earning All-Tournament team honors in at the 1993 Final Four.

Ton was also a star in the classroom as she was twice selected as a first-team GTE/CoSIDA Academic All-American and picked up three All-Big Ten Academic team selections in her career.

"I think Zeynep is clearly what college athletics is about," Head Coach Russ Rose said. "She's the epitome of the student athlete, a great team player and a marvelous role model."

Another Penn State assistant with the credentials of a proven winner, Ton lead her high school team to three national titles in Turkey and one international title during her prep career.

Ton is completing her degree and currently holds a 3.98 grade point average in industrial engineering. She plans to continue her education toward a master's degree.

"She's a positive upbeat young lady who has the time for anyone to talk about anything," Rose said of Ton. "She's just a marvelous member of our volleyball program and university community."

Support Staff

Saundi Lamoureux *Volunteer Assistant Coach*

A dominating force at the net in her playing days, Saundi Lamoureux is one of eleven Lady Lions in women's volleyball history to earn All-America honors and helped lead Penn State to one of its most prosperous eras during her career (1991-94).

Lamoureux, a middle blocker, displayed an exceptional ability to shut down and frustrate some of the nations best hitters during her career. She lead the Big Ten in blocks per game for three straight seasons and finished her career as Penn State's career leader in solo blocks with 547. Lamoureux captured All-America honors in 1994 after co-captaining the Lady Lions to their second straight Final Four appearance. Lamoureux thrived on post-season pressure, particularly in Penn State's 1993 run to the national championship game when she garnered Mideast Regional All-Tournament Team honors by recording 20 blocks in two matches and equalling a school record with nine block assists in a sweep of Notre Dame in the regional final.

A three year starter for the Lady Lions, she was among the leaders in the nation in blocks per game for three seasons and was a two-time All-Big Ten first-team selection. Lamoureux also excelled in the classroom earning three Academic All-Big Ten selections and being named a 1994 Academic All-American.

Lamoureux begins her first season as a member of the Penn State coaching staff this year and provide valuable insight to a young group of athletic middle blockers. She will also be valuable in relaying the experiences of playing in a pair of Final Fours and the requirements of playing at that level to a young Penn State squad.

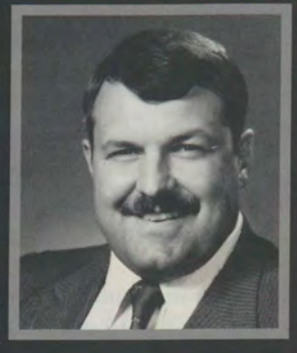
"Saundi's done more for the program with less recognition than almost any other player we've ever had," Head Coach Russ Rose said. "I look forward to the contribution that Saundi will make. She is a true 'Penn Stater'."

WOMEN'S VOLLEYBALL SUPPORT STAFF

Cindy Breon
Staff Assistant

Chris Clark
Nutritionist

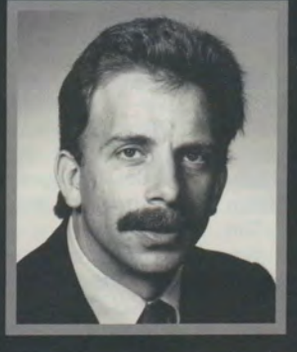
Chip Harrison
Strength Training Specialist



Dr. William Kraemer
Director of Research
Center for Sports Medicine

Dr. Wayne Stokes
Team Physician

Jim Weaver
Academic Counselor



Dr. David Yukelson
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Chemistry 101

Youth and Experience will form a Potent Combination as the Lady Lions shoot for their 16th Straight NCAA Bid

Chemistry will be the key for the 1996 Lady Lion volleyball team as they look to blend youth and experience into a winning combination.

A variety of exciting elements await head coach Russ Rose as he dons his lab coat for his 18th season at Penn State. As he peers down the lineup he sees the explosive element of returning Big Ten Player-of-the-Year Terri Zemaitis and the stabilizing element of five returning starters. The tantalizing element of four highly coveted recruits also begs to join the mix, while in the distance lies the catalyst of a 1995 season that did not quite reach the expectations of past successes.

"I don't think we had good enough player leadership last year and I don't think we stepped up and beat anybody who was better when we had the opportunities to do that," Rose said. "Maybe we'll be better at that this year and maybe we won't, but it certainly will not be because we don't address it and, as always the key, discuss and challenge it. It might just be that the chemistry of these players is either good or bad. I know we have the talent level."

With 13 letterwinners returning from last season, including eight upperclassmen, Penn State will have a solid, experienced nucleus. At the heart of that nucleus lies Zemaitis. The 1995 second-team All-American enters her junior season having established herself as the focal point of the Lady Lion offense leading the team with 5 kills per game last season. Zemaitis was also a force defensively at the net leading the Big Ten conference with 1.64 blocks per game, but Rose will be looking for more out of the 6-2 middle hitter in 1996.

"Terri is a talented athlete who competes hard and loves to win, but doesn't understand, yet, that there are some times that she needs to grab the rest of the team by the back of the neck and get their attention and pull them up to a higher level," Rose said. "I feel as comfortable with Terri as any player in the Big Ten going up for match point. I like that part about her. She wants the ball and is a great competitor."

A healthy Lindsay Anderson, who enters her junior season after playing in only 37 of 116 games last season due to a variety of ailments, and the continued improvement of sophomore Emily Stout should take some of the pressure off Zemaitis at the net.

"Lindsay has all the tools to be a dominant player because she is big and strong," Rose said. "Lindsay just seems to be injury prone and, as tough as she is about wanting to play when she's hurt, she seems to be hurt an awful lot. Hopefully she'll be able to get into the type of shape she needs to be in to step up and be a major contributor."

"I am hoping Emily is going to be able to start either at the outside or the middle blocking position for us," Rose said of the 6-1 Stout who posted six kills in the regional semi-final loss to Nebraska last season. "She had a good Spring and she always competes hard as well as having a great knowledge of the game."

Senior Jodi Niswender (6-0), sophomore Nikki Higley (6-0) and freshmen Lauren Cacciamani (6-2) and Carrie Schonveld (6-0) join Zemaitis, Anderson and Stout to form a group of seven front line players standing six-feet or taller. A group that reflects Rose's response to a conference trend toward size and power at the net.

"It's unfortunate because the conference is forcing me to do that (add size to the front line) more than my interest in volleyball, " Rose said. "I've always preferred a more ball-handling style of play, but the Big Ten is getting so big and physical at the net that you really need to be able to counter that. I think you can ball handle and beat people at home, but it's really tough to do it on the road when they've got big crowds every night like we do in the Big Ten."

Niswender returns as Penn State's second leading blocker from last season, recording 116 blocks on the year, while 5-10 junior Teri Wroblewski and 5-9 sophomore Christy Cochran also return to add athleticism if not size at the net.

The 1996 Lady Lions will still feature the exceptional ball handling that has lead the Big Ten in digs for the past five years. Returning from last years starting line up are seniors Heidi Rottinghaus and Angie Kammer who finished first and second in the Big Ten in digs last season with 4.20 and 3.99 respectively per game. Also returning to help with ball handling are senior back row specialist Claudette Otero, who along with Rottinghaus and Zemaitis will captain the Lady Lions, junior Jen Burdis and sophomores Tomuke Ebuwei and Amanda Thomas. Freshman Kalna Miller will also be instrumental as Rose looks for the right combination in the back row.

continued

Terri Zemaitis

Heidi Rottinghaus

Claudette Otero

Outlook Continued

"We've always had good ball handling and I think we'll have good ball handling again this year with Heidi and Angie," Rose said. "I also think that (freshman) Carrie Schonveld is an exceptional ball handler for her age. Clearly, we weren't as good last year as we were in years before, but I think that had a lot to do with experience."

"We haven't had a back court star since Angie Farlow left, and I'd like to think somebody will step up and make those big plays, have an aggressive serve and do some of the things we need to be successful at the level were competing at."

Angie Kammer

Rose is hoping that the experience gained last year will not only improve the team's ball handling, but will also boost the play of sophomore setter Samantha Spink. Spink turned in an admirable season in her rookie campaign finishing fourth in the conference in assists averaging 12.93 a game.

"There's no question that the teams that have done the best in the Big Ten have had the best and most experienced setters," Rose said. "During Salima (Davidson) and Laura Davis' years, Penn State and Ohio State were the top teams, and I think that was a reflection of those players. Sam's going to be better, but I also think she's going to be in for a real race from (freshman) Bonnie Bremner."

"I think Bonnie is the best setter coming out of this year's (high school) class, and I am looking forward to having two people competing for a very important position for the first time in my 18 seasons at Penn State."

Bremner along with back row specialist Miller and frontliners Cacciamani and Schonveld forms a strong freshman class from which Rose is expecting an immediate contribution.

"I think at least three freshmen have the potential to come in and start and play," Rose said. "I'm hoping that. I always hope that because I know who on my team of the older players is committed to being great players, and I also know that the freshmen haven't had an opportunity to walk down the wrong path yet."

Rose will leave the door open across the board for experienced players and new players alike to earn more playing time and battle for starting positions.

"I think some of them have been tested, but I think we need to have a better mix of youth and experience," Rose said. "What I said to the players at the end of the spring and I still feel pretty comfortable about is that right now Terri Zemaitis is the only one I would pencil in as a starter. Other than that, I don't really know who's going to be starting, but I know if it's the same team it was last year minus Zeynep (Ton) we're not going to have the same success."

A 1995 first-team All-Big Ten selection, Ton's departure along with Andrea Boner leaves a noticeable void in the leadership department for the 1996 Lady Lions.

"We're going to miss Zeynep and Andrea," Rose said. "That's eight years of quality experience gone. Those kids made a real positive contribution and although we didn't have a lot of leadership last year, what we did have, they provided."

Leadership and competitive fire were two elements Rose felt were lacking at times last year, but he feels this years freshmen may remedy the problem.

"I think Bonnie is going to bring a lot to the program as far as a competitive edge," Rose said. "She's special, and I think the other three freshmen are very good. Sometimes it's just having a young person come in who can light a fire beside some of the older players and get them to compete a little harder and focus on what they need to do."

Lindsay Anderson

Unlike last years schedule with an opening match against eventual national champion Nebraska, this year's schedule should permit Rose greater leeway to test lineups and combinations in search of the proper chemistry.

"I like our preseason schedule," Rose said. "I don't think we'll go through it undefeated, but, I think for some of the younger players we have, it's going to give us a chance to get better and get as ready as one can hope to be for the start of the Big Ten schedule."

The season will kickoff at the Louisiana State Classic September 1. Rose looks to the three teams in that event, LSU, Memphis and New Orleans to provide a good test also highlighting Connecticut, Massachusetts, Notre Dame, Alabama, William and Mary, and Baylor as some of the toughest tests along the non-conference slate.

"Notre Dame is going to be a top ten team next year and Alabama has some of the top talent in the Southeast Conference," Rose said. "We'll see three tough matches at the Penn State Classic."

The Lady Lions will open the Big Ten season on the road taking on Minnesota September 27 and Wisconsin September 28.

"Those are two teams that have every right to think they're going to be in the top five in the Big Ten," Rose said of the Big Ten opening road trip. "There's a lot of conferences where you can win on the road by just being good. In the Big Ten you need to play well to win on the road so it's a tough trip and we'll have to be playing good volleyball if we're going to win."

Dates with defending champion Michigan State (Oct. 11 and Nov. 9) and Ohio State (Oct. 16 and Nov. 13) will also be circled on the calendar. The Lady Lions will open with both teams on the road and could position themselves for a run at the conference crown with wins in East Lansing and Columbus. The Lady Lion's Nov. 9 home date with the Spartans will be televised live on ESPN2.

"Michigan State's the team to beat right now," Rose said. "They were the most dominant team in the Midwest during the Spring. We will have to hold our opinion on Ohio State and see how their chemistry is due to the foreign players they'll add next year, and I think Wisconsin has one of the better and deepest teams on paper."

Nationally Rose points to Stanford, Hawaii, Texas and Michigan State as team's that may emerge at the top of the pack. The focus, however, will be on capturing a third conference title.

"The conference is very tough and it's a situation where we need some players to come in and be much better than they were last year," Rose said. "The top teams and players are not sitting still."

Neither are the Lady Lions and if Rose can find the right mix of veteran experience and youthful fire he may have a very explosive combination indeed.

"I think all of us in the game realize that you need to be tournament good, you need to be lucky and you need to remain healthy and some of those things you just can't control," Rose said. "But we work hard and the staff and I know what it takes to be successful. The program has always been that way and we're going to try and keep it going in the same direction, but we realize we're not going that path alone."

1996 ALPHABETICAL ROSTER

No.	Name	Class-Elig.	Pos.	Ht.	High School/Hometown
8	Lindsay Anderson**	Jr.-Jr.	OH	6-0	Crystal Lake Central/Crystal Lake, Ill.
3	Bonnie Bremner	Fr.-Fr.	S	5-9	St. Francis/Naperville, Ill.
18	Jen Burdis*	Sr.-Sr.	BR	5-2	Blue Mountain/Orwigsburg, Pa.
2	Lauren Cacciamani	Fr.-Fr.	MH	6-2	Paramus/Paramus, N.J.
11	Christy Cochran*	So.-So.	OH	5-9	Bethlehem Catholic/Bethlehem, Pa.
16	Tomuke Ebuwei*	Jr.-So.	BR	5-7	Elizabeth Seton/Ft. Washington, Md.
4	Nikki Higley	So.-So.	OH	6-0	North Branch/North Branch, Minn.
10	Angie Kammer***	Sr.-Sr.	OH	5-10	Burris/Muncie, Ind.
17	Kalna Miller	Fr.-Fr.	BR	5-7	Mt. Lebanon/Pittsburgh, Pa.
13	Jodi Niswender***	Sr.-Sr.	MH	6-0	Fort Collins/Fort Collins, Colo.
15	Claudette Otero***	Sr.-Sr.	BR	5-3	Berkeley Prep/Tampa, Fla.
6	Heidi Rottinghaus***	Sr.-Sr.	OH	5-8	Columbus East/Columbus, Ind.
7	Carrie Schonveld	Fr.-Fr.	OH	6-0	Portage Northern/Portage Northern, Mich.
9	Samantha Spink*	Jr.-So.	S	5-9	Coeur d'Alene/Coeur d'Alene, Idaho
1	Emily Stout*	So.-So.	OH	6-1	Seymour/Seymour, Ind.
14	Amanda Thomas*	So.-So.	BR	5-4	Huntingdon Area/Huntingdon, Pa.
12	Teri Wroblewski**	Jr.-Jr.	OH	5-10	Pius XI/Milwaukee, Wis.
5	Terri Zemaitis**	Jr..-Jr..	MH	6-2	Downers Grove South/Downers Grove, Ill.

Head Coach: Russ Rose
Assistant Coaches: Erin Tomblin, Mike Schall, Zeynep Ton & Saundi Lamoureux
** Letters won.*

1996 NUMERICAL ROSTER

No.	Name	Class-Elig.	Pos.	Ht.	High School/Hometown
1	Emily Stout*	So.-So.	OH	6-1	Seymour/Seymour, Ind.
2	Lauren Cacciamani	Fr.-Fr.	MH	6-2	Paramus/Paramus, N.J.
3	Bonnie Bremner	Fr.-Fr.	S	5-9	St. Francis/Naperville, Ill.
4	Nikki Higley	So.-So.	OH	6-0	North Branch/North Branch, Minn.
5	Terri Zemaitis**	Jr.-Jr.	MH	6-2	Downers Grove South/Downers Grove, Ill.
6	Heidi Rottinghaus***	Sr.-Sr.	OH	5-8	Columbus East/Columbus, Ind.
7	Carrie Schonveld	Fr.-Fr.	OH	6-0	Portage Northern/Portage Northern, Mich.
8	Lindsay Anderson**	Jr.-Jr.	OH	6-0	Crystal Lake Central/Crystal Lake, Ill.
9	Samantha Spink*	Jr.-So.	S	5-9	Coeur d'Alene/Coeur d'Alene, Idaho
10	Angie Kammer***	Sr.-Sr.	OH	5-10	Burris/Muncie, Ind.
11	Christy Cochran*	So.-So.	OH	5-9	Bethlehem Catholic/Bethlehem, Pa.
12	Teri Wroblewski**	Jr.-Jr.	OH	5-10	Pius XI/Milwaukee, Wis.
13	Jodi Niswender***	Sr.-Sr.	OH	6-0	Fort Collins/Fort Collins, Colo.
14	Amanda Thomas*	So.-So.	BR	5-4	Huntingdon Area/Huntingdon, Pa.
15	Claudette Otero***	Sr.-Sr.	BR	5-3	Berkeley Prep/Tampa, Fla.
16	Tomuke Ebuwei*	Jr.-So.	BR	5-7	Elizabeth Seton/Ft. Washington, Md.
17	Kalna Miller	Fr.-Fr.	BR	5-7	Mt. Lebanon/Pittsburgh, Pa.
18	Jen Burdis*	Sr.-Sr.	BR	5-2	Blue Mountain/Orwigsburg, Pa.

**Letters won.*

PRONUNCIATION GUIDE

Lauren Cacciamani	KA-chia-MA-nee	Teri Wroblewski	row-BULL-less-ski
Christy Cochran	COCK-run	Terri Zemaitis	ZA-mite-us
Tomuke Ebuwei	ta-MU-key ah-BOO-e	Jodi Niswender	NICE-winder
Angie Kammer	CAM-er	Claudette Otero	o-TEAR-o
Kalna Miller	CAL-na	Carrie Schonveld	SHOWN-veld

Tri-Captains

Claudette Otero

BACK ROW

5-3 Senior

Tampa, Fla.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1993	0	1	4	-.250	0	103	5
1994	1	1	4	.000	2	78	11
1995	0	0	3	.000	1	116	19
Career	1	2	11	-.090	3	297	35

Leaders in NCAA Tournament Wins

1. UCLA	40
2. Stanford	39
3. Pacific	32
4. Hawaii	31
Texas	31
6. Nebraska	30
7. Long Beach St.	23
8. USC	19
9. PENN STATE	16

Entering her senior season, Claudette Otero brings excellent ball handling skills and quick defensive reactions to the Lady Lions as a back row specialist...She will also carry a leadership role this season as the team voted her one of three captains for the 1996 season...Otero was a regular in the Penn State lineup in 1995 as she saw action in 34 of the Lady Lions 35 matches and competed in 89 games...saw increasing time as the season progressed and played in every game of Penn State's last six matches...recorded 116 digs and 19 service aces on the season...twice recorded a season high 11 digs in matches against Cal-State Northridge (Aug. 26) and at Michigan (Nov. 18)...posted two aces in matches six times, including in an all-around performance at Michigan which included 11 digs, an assist and a block assist.

LADY LION CAREER: 1994-Emerged as a leading back row specialist playing in 29 matches and 74 games during the season...tallied 78 digs, second-highest among non-starters, while contributing 11 service aces...had nine digs at Ball State (Sept. 24)...recorded the first kill of her career in the season-opener with San Francisco and notched a pair of blocks against St. Bonaventure...season-highs: nine digs at Ball State (Sept. 24); three aces at Indiana (Sept. 23). **1993-**Otero played in 31 matches while gaining back row experience...recorded a season-high 12 digs against Colorado in the NCAA Mideast Region semifinal...played in both matches of Penn State's Final Four appearance...season-high: 12 digs vs. Colorado.

HIGH SCHOOL: Otero won three letters as a setter and defensive specialist at Berkeley Preparatory...an honorable-mention all-conference selection her senior year, Otero was presented Coaches Awards annually during her scholastic career...a team captain, she played on teams that captured four state championships...as a forward and goalie for the soccer team, she was an honorable-mention all-conference...received the Most Improved and Sportsmanship awards.

QUOTING COACH ROSE: "I think Claudette improved last year. Her game was much better than it was the year before. Going into her last year we need her to be an aggressive server and back row player and also provide us with quality leadership. She is one of the tri-captains and hopefully she will be able to help the team in many needed areas."

CAREER-HIGHS
Digs: 12 vs. Colorado, Dec. 9, 1993
Service Aces: 3 vs. Indiana, Sept. 23, 1994

Heidi Rottinghaus

OUTSIDE HITTER

5-8 Senior

Columbus, Ind.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1993	15	12	70	.043	2	96	10
1994	32	11	87	.241	3	118	14
1995	178	75	542	.190	26	479	32
Career	225	98	699	.181	31	693	56

Selected as a 1996 tri-captain by the team, Heidi Rottinghaus will provide a wealth of experience, seasoned ball handling and a second option on the attack this season...having missed just one match during her three year career, Rottinghaus competed in all 35 Penn State matches last season and saw action in 114 of 116 games...the playing time payed off as Rottinghaus exploded to lead the Big Ten in digs, posting 479 on the year for a 4.20 per game average...Rottinghaus was among three Lady Lions (Angie Kammer , 2nd, and Zeynep Ton, 3rd) to finish in the top three in the conference in digs and help Penn State lead the conference in the category for the fifth straight season...She also proved to be a valuable offensive threat recording 178 kills on the season, fifth best on the team, and 32 service aces, second on the team...Rottinghaus posted double figure digs in 24 matches, getting more than 20 on seven occasions, and posted a career high 26 digs against Michigan State (Oct. 21)...she also claimed career highs in kills, with 14 at Michigan (Nov. 18), and blocks, with five against Iowa (Oct. 7)...finished the season with 45 assists, 43 blocks and 542 attacks...earned All-Big Ten Academic honors with a 3.02 grade-point average in art.

LADY LION CAREER: 1994- Appeared in all 35 matches on the season and was a steady competitor...totaled 118 digs and 32 kills during the season with a high of 15 digs against Ohio State (Sept. 21)...earned Academic All-Big Ten honors for her work in the classroom...season-highs: eight kills vs. St. Bonaventure (Sept. 17); 15 digs vs. Ohio State (Sept. 21); four aces vs. LSU (Sept. 10). **1993-** Rottinghaus saw action in 35 of 36 matches, recording a total of 96 digs...her season-highs included 12 digs against Lehigh and four aces in the five-game victory over West Virginia...twice during the season, Rottinghaus recorded four blocks...season-highs: five kills vs. Nebraska; four blocks (twice).

HIGH SCHOOL: At Columbus East HS, Rottinghaus left an indelible mark on the teams she participated on at the high school, club and national levels...the Volleyball Monthly "Fab 50" selection was a 1992 first-team all-state performer and a two-time Hoosier Hills all-conference pick...chosen All-Area Player-of-the-Year by The Republic newspaper...a four-year starter and letterwinner, Rottinghaus was selected to compete in the 1993 Indiana Coaches Association all-star match...as a senior captain, she led Columbus East to the Final Four of the Indiana state tournament...voted her team's MVP in 1991 and '92, Rottinghaus was a sensational all-around player...while attending the Elite Camp at the Olympic Training Center in Colorado Springs, Colo., she earned a spot on the 1992 U.S. Junior Olympic team and received the Judy Bellomo Memorial Scholarship...a 1989 AAU All-American, she earned MVP honors at the University of Kentucky summer camp in 1991...is a six-year veteran of USVBA club competition...during the four years she spent with the Circle City Club in Indianapolis, Rottinghaus played on several USVBA title teams...was one of six athletes named first-team All-America by the USVBA...a member of the National Honor Society, she ranked ninth in a class of 275 and made the honor roll in eight semesters.

QUOTING COACH ROSE: "Heidi lead the conference in digs last year, so I think it is obvious she had a good year. When I recruited Heidi I knew what I was getting and, three years later, I am happy to say that I'm pleased Heidi came to school at Penn State. She plays hard. She practices hard and she brings a lot of volleyball intelligence to the floor. I'm hopeful that she is going to have a great senior year. She's never going to be a great blocker, but she does a number of important things well for us, and hopefully she will be able to continue to do that."

CAREER-HIGHS
Kills: 14 at Michigan, Nov. 18, 1995
Attacks: 33 at Michigan, Nov. 18, 1995
Digs: 26 vs. Michigan St., Oct. 21, 1995
Blocks: 5 vs. Iowa, Oct. 7, 1995
Service Aces: 4 vs. LSU, Sept. 10, 1994

Tri-Captains

Terri Zemaitis

MIDDLE HITTER

6-2 Junior

Downers Grove, Ill.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1994	294	119	721	.243	154	208	10
1995	580	188	1319	.297	190	299	23
Career	874	307	2040	.277	344	507	33

Terri Zemaitis returns for her junior season as the focal point of the Penn State offense and carrying the additional role of team tri-captain...possibly the most dominant player at the net in the Big Ten, she possesses a killer instinct and is a ferocious finisher...Zemaitis had a breakout season in 1995 earning the Big Ten Player-of-the-Year award and establishing herself as one of the top players in the nation...the second-team All-American led the Lady Lion offense last year with 580 kills (3rd in the Big Ten) and 1,319 attacks...her season attacks mark ranks second all-time at Penn State, while her kills placed her third...She lead the conference in blocking with a 1.64 per game average and recorded 190 on the season...Zemaitis posted a career high in kills (39) and attacks (72) in the Lady Lions five set win at Illinois (Sept. 23), and also set a career high with 12 blocks against Iowa (Oct. 7)...she posted a season high .545 (14-2-22) hitting percentage at Iowa (Nov. 3) and earned Big Ten Player-of-the Week honors for the week of November 13...she earned M.V.P. honors for the Penn State and Sunwest Bank Classics and the Penn State Invitational while also being named to the NACWAA Classic All-Tournament team...posted double-digit kills in 29 matches, recording more than 30 on three occasions, and tied for fourth on the team with 299 digs, including a career high 21 against Oregon State (Sept. 9)...Zemaitis pulled off a massive triple-double with 39 kills, 20 digs and 11 blocks in the win at Illinois and grabbed another against Iowa (22 kills, 11 digs, 12 blocks).

LADY LION CAREER:
1994-Had an outstanding rookie season cut a game short with an unfortunate injury in the fourth game of the five-game loss to UCLA in the NCAA semifinal match when she twisted her knee...earned a starting role with four seniors as she collected nine kills and nine digs in her collegiate debut against San Francisco...was named to the Volleyball Monthly All-Freshmen team...contributed in all 35 matches, recording 294 kills, 208 digs and 154 blocks...named to the all-tournament teams of the Penn State Classic and the Penn State Invitational...hit an eye-popping .846 against St. Bonaventure (Sept. 17) with 11 kills in 13 attempts...really emerged during the NCAA Tournament, hitting .419 against Ball State, .462 vs. Notre Dame and .483 vs. Nebraska, until the injury sidelined her midway through the match with the Bruins...notched 10 double-figure kills and three double-figure dig performances...season-highs: 18 kills vs. Ohio State (Sept. 21); 15 digs (twice); 11 blocks vs. Michigan State (Nov. 5)...earned an invitation to compete in the Olympic Festival the following summer.

HIGH SCHOOL: Zemaitis, a four-year starter and a three-year captain in volleyball and basketball at Downers Grove South HS, was named the Chicago Tribune and the March of Dimes Chicagoland Female Athlete-of-the-Year...as a middle hitter, Zemaitis was a Volleyball Monthly first-team All-American and a "Fab 50" selection in 1994...in addition to being a three-time all-stater, Zemaitis was all-conference every year and currently is the Illinois record-holder for kills...Zemaitis also participated in the Chicago North-East/West All-Star game...a power forward and center, Zemaitis was a USA Today basketball All-American and earned all-state recognition twice...a four-time all-conference and all-area player, she helped the hoops team to the "Elite 8" in 1994...Zemaitis injured a disc in her back playing basketball her senior season that required surgery May 10, 1994... her sister, Cheryl, played volleyball at Iowa (1986-88).

QUOTING COACH ROSE: "Terri is coming off a year in which she was honored as the Most Valuable Player in the Big Ten Conference and, as she is entering her junior year, she will be recognized as one of the top upper-classmen in college volleyball. I think she is a player that we have really depended on and there were some matches last year when she stepped up and had big matches for us and there were other matches when opponents had the ability to neutralize her. We need to make sure that they don't have that ability this year. She needs to be more confident and more importantly she needs to keep the ball in play. There are too many situations were Terri would make unnecessary errors, so I think if she can control the ball a little better, we'll be more competitive in those matches. I have high expectations for Terri this year and think the world of her as a person."

CAREER HIGHS:
Kills: 38 at Illinois, Sept. 23, 1995
Attacks: 72 at Illinois, Sept. 23, 1995
Digs: 21 vs Oregon St., Sept. 9, 1995
Blocks: 12 vs Iowa, Oct. 7, 1995
Hitting %: .846 (11-0-13)
vs St. Bonaventure, Sept. 17, 1994
Block Solos: 3 (three times)
last at Wisconsin, Oct. 27, 1995

Lindsay Anderson

OUTSIDE HITTER

6–0 Junior

Crystal Lake, Ill.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1994	35	12	70	.329	12	8	3
1995	47	24	131	.176	11	33	5
Career	82	36	201	.228	23	41	8

Lindsay Anderson returns from an injury plagued sophomore season in which she played in only 19 matches and 37 games...she will contend for a starting role this season and could be a major offensive threat in the Lady Lion lineup...recorded 47 kills, 33 digs and 11 blocks in 1995...set career highs for kills (14), hitting percentage (.478) and digs (9) in a win over Duke (Oct. 17)...came on late in the year to post eight kills with a .400 hitting percentage and six digs in an NCAA tournament win over Georgia Tech (Dec. 3)...earned All-Big Ten Academic honors with a 3.11 grade-point average.

LADY LION CAREER: 1994-Played in 14 matches and 21 games during her rookie season...produced a .329 hitting percentage, second-highest on the squad...totaled 35 kills and eight digs with seven total blocks...she was an alternate for the 1995 Olympic Festival...season-highs: six kills (twice); two digs (twice); four blocks vs. Kent State (Sept. 16).

HIGH SCHOOL: Anderson, a three-year starter for the Crystal Lake Central HS volleyball team...was recognized as a 1993 Chicago Sun-Times and Champaign Gazette first-team all-state member and AAU All-American...a Chicago Tribune second-team all-state selection...voted best blocker on her scholastic team, Anderson led the Tigers to the Fox Valley Conference title...she played on the North squad in the 1993 Chicago Sun-Times high school all-star match...Anderson participated in the USVBA Junior Olympics in 1992 and 1993, playing for the Sky High Volleyball Club...Anderson also played softball for the Tigers, starting at catcher and first base... her father, Dan, played basketball for Marquette (1963-67).

QUOTING COACH ROSE: "I thought Lindsay had an incredible number of injuries last year. She started for us in our (NCAA) match with Georgia Tech, and I thought she was one of the main reasons that we beat them as easily as we did. In my opinion this is a make or break season for Lindsay. She is either going to remain healthy and have the ability to come in with the confidence to go with her physical tools or she'll continue to be a substitute that will be hot and cold in big situations. It is obvious that Lindsay is very strong. She spent a lot of time in the weight room and has the size and strength to compete at a high level. Hopefully this will be her year."

CAREER HIGHS:
Kills: 14 vs. Duke, Oct. 17, 1995
Hitting %: .478 vs. Duke, Oct. 17, 1995
Digs: 9 vs. Duke, Oct. 17, 1995
Blocks: 3 at Purdue Oct. 13, 1995

Jen Burdis

BACK ROW

5–2 Senior

Orwigsburg, Pa.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1994	0	0	0	.000	0	3	1
1995	0	0	0	.000	0	11	0
Career	0	0	0	.000	0	14	1

Jen Burdis will contribute quickness and experience to a core of back row players that will be counted on to spark the Lady Lion defense...she played in 10 matches and 10 games in 1995 and recorded 11 digs on the season...posted a season high four digs on two occasions...played in five Big Ten matches...an excellent student who posted a 4.0 grade-point average in the Spring semester.

LADY LION CAREER: 1994-Burdis saw action in eight matches during the season...was a vital contributor in defensive situations...had two digs against Purdue and one dig against Notre Dame in the Mideast Region semifinal match...earned Academic All-Big Ten honors for her work in the classroom. **1993-**With senior back row specialist Angie Farlow and other veteran returnees on board, Burdis gained valuable experience and opted for a redshirt to retain her freshman eligibility.

HIGH SCHOOL: Burdis was a three-sport star at Blue Mountain HS...competed on the volleyball, basketball, and track and field teams all four years...as the volleyball team's starting setter, Burdis earned all-league, all-county and all-district recognition...a team captain, she also was a first-team all-star...represented Blue Mountain in the Prudential All-Star Showcase her senior year...boasts three years of USVBA experience...competed on Junior Olympic teams in Reading, Pottsville and Bethlehem...in 1992, she was selected to compete in the Keystone State Games...as a javelin thrower, Burdis placed ninth in the Pennsylvania state high school championships...a two-time runner-up in district competition, she twice won all-league and all-county honors...also was a first-team all-star in track and field...played guard on the basketball team and participated in the Schuylkill League North-South all-star match.

QUOTING COACH ROSE: "Jen was our quickest player for the past couple of years, and, if she has the confidence to come in and do the things she does well, then I think she'll be fine. She has great reaction time, and, if we can put her in a system that will really highlight that, then I think Jen makes a valuable contribution as a back row player."

CAREER HIGH:
Digs: 4 (twice)
last at Michigan, Nov. 18, 1995

player Profiles

Christy Cochran

OUTSIDE HITTER

5-9 Sophomore

Bethlehem, Pa.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1995	7	12	38	-.132	3	9	0

Christy Cochran is possibly the most gifted athlete on the Lady Lion roster...she combines a sterling work ethic with a boundless desire to improve, and, as she gains more volleyball experience, will be a valuable contributor in the lineup...played in 10 matches and 13 games as a freshman posting seven kills, nine digs and three blocks on the year...passed up a red-shirt season as injuries throughout the Penn State lineup made her a necessity in the lineup...playing behind more experienced talent, saw action in four Big Ten matches including recording season highs of two kills and three digs in a win over Northwestern.

HIGH SCHOOL: Cochran started all four years for the Bethlehem Catholic HS volleyball and basketball squads...an outside hitter and middle blocker, she was a three-time all-state selection, and MVP of the Eastern Penn Conference and District II in 1993 and '94...twice selected as the Express Times Player-of-the-Year as she led the Hawks to the state semifinal match in 1994 and the finals in 1991...named the MVP of the 1994 Coca-Cola Classic as her squad captured the championship...the two-time team captain played in the 1995 Mizuno All-Star game which featured the Eastern Pennsylvania All-Stars against the Western team...a two-year starter for the Quickset Elite Volleyball Club team...Cochran was equally successful on the basketball court, earning all-conference and all-area accolades three times while guiding the Hawks to the state finals in 1991 and the semi-finals in 1993 and '94...the National Merit Award Finalist led the league in rebounding and topped the 1,000-point plateau during her career as the squad captured four district titles and two conference championships...Cochran played in the 1995 LARC All-Star Classic that showcased the Eastern All-Stars and was a bronze medalist in the Future Stars Classic...her older brother, Tom, plays football for Duke University.

QUOTING COACH ROSE: "Nobody in our program worked harder in the weight room last year than Christy. If people get breaks because they work hard and they keep their nose clean and do what everybody tells them to do, then Christy is going to be able to make some real valuable contributions to the team this year. She is as athletic as any player that we have recruited here in the past, and we knew that when we recruited her that her weakness was that she didn't have a lot of experience. We still feel that she needs some work in the area of experience, but, hopefully, she'll use the opportunity of having played a lot over the summer and come in and be confident and strong. She is a very physical player, but her volleyball experience is still not on a level with her work ethic and athletic ability."

Tomuke Ebuwei

OUTSIDE HITTER

5-7 RS-Sophomore

Ft. Washington, Md.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1995	0	0	1	.000	0	27	1

A solid team player, Tomuke Ebuwei's attitude and spirit will be essential factors in developing a winning team chemistry...she brings skilled ball handling and an aggressive jump serve to the back row lineup...played her first season for the Lady Lions in 1995 seeing action in 19 matches and 23 games...played in 10 Big Ten matches...recorded 27 digs on the year including a season high of six in the Lady Lions win over Oregon State at the Sunwest Bank Classic.

LADY LION CAREER: Took a red-shirt season in 1994...dramatically improved her skill level practicing with the team and displayed an excellent understanding of the game and ability to lead by example.

HIGH SCHOOL: Ebuwei lettered in volleyball, basketball and lacrosse at Elizabeth Seton HS in the Washington, D.C., area...playing outside hitter, Ebuwei was named All-Metropolitan after the 1993 season when she guided the Seton Roadrunners to a third-place finish in the league...Ebuwei played two years for the USVBA Metro-Volleyball Club...as a major contributor to the 1993 Roadrunners' league basketball title, Ebuwei was named second-team all-county...she earned an academic scholarship and aspires to follow similar career footsteps as her parents, who both are involved in the medical profession...her father, Saunders, played for Nigeria's national soccer team.

QUOTING COACH ROSE: "Tomuke is going to make a great coach if she chooses to get into the field. She possesses a lot of the same quality characteristics that Salima Davidson demonstrated while she was at Penn State. She literally cares about the team more than she cares about herself. She is making valuable contributions all the time. She makes wise choices for the team, yet we need her to be an aggressive back row player and be able to provide us with some stability coming in to games. We haven't had a back row player in the past couple of years that can come in and make the great play to give us the opportunity to win matches. We need Tomuke, as well as the others to step up and do that."

Nikki Higley

OUTSIDE HITTER

6-0 Sophomore

North Branch, Minn.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1995	6	1	21	.238	2	6	4

Nikki Higley's first goal for the 1996 season will be to stay healthy...she spent much of her freshman season rehabilitating from injuries that limited her to action in 11 matches and 13 games...a fractured back then kept her out of Spring competition, but she should return this fall ready to make a valuable contribution on the Lady Lion front line...a skilled ball handler as well as hitter, Higley recorded six kills, six digs and four service aces last year...her best match came early with a season high four kills, two digs and two blocks against St. Bonaventure.

HIGH SCHOOL: Higley guided North Branch HS into the history books during the 1993 season, as the Vikings placed third in their very first state tournament appearance...that same year, Higley reached the state semi-finals as a starter for the basketball squad...North Branch proved the performance was no fluke, as the spikers returned to the state tournament in 1994, finishing fourth...the five-time All-Rum River Conference selection — twice in volleyball — earned first-team all-state honors as a senior when the squad won its second consecutive conference crown...tabbed by Volleyball Monthly as a "Fab 50" selection in 1995...twice an honorable-mention all-state basketball contributor, Higley also found time to compete on the softball team that captured the 1993 conference title...she was awarded sportsmanship banners in all three trips to the state tournament.

QUOTING COACH ROSE: "Nikki had a fractured back last Spring and was unable to train or play. She saw limited action early in the season and then was in rehabilitation most of the year. We recruited her because we believe she has the potential to come in and be a primary passer as well as a good ball handler and outside hitter and blocker for us. I'm not sure she handled the rigors of volleyball as a freshman as well as we would have hoped, but if she can turn it around, get healthy and get her confidence back, then that will be the most important factor as to what Nikki can do. She has all the skills and a great knowledge of the game."

Angie Kammer

OUTSIDE HITTER

5-10 Senior

Muncie, Ind.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1993	101	29	294	.245	17	138	11
1994	121	46	368	.204	20	170	8
1995	338	91	967	.255	64	427	11
Career	560	166	1629	.241	101	735	30

A team leader and exceptional passer, Angie Kammer served as a captain in 1995 and finished second in the Big Ten conference in digs recording 427 on the year for an average of 3.99 a game...also posted 338 kills (second on the team) and 64 blocks while starting 34 of 35 matches at the outside hitter position...earned honorable-mention All-Big Ten honors...tallied career highs with 26 digs and 20 kills in a win over Iowa...posted double-digit digs on 23 occasions, including seven of the last nine matches, and double digit kills on 18 occasions, including a streak of 13 straight matches.

LADY LION CAREER: 1994-She played an important role on Russ Rose's bench, earning a starting position on several occasions...saw action in 32 matches, averaging 2.74 kills and almost two digs (1.95) per game...her most memorable performance of the year was a 19-kill, 20-dig day at Michigan State (Nov. 5)...also tallied double-figure kills against the Spartans (10 on Oct. 7) and Northwestern (11 on Oct. 25)...recorded double-figure digs a total of five times. **1993-**Kammer appeared in 26 matches, including four of the five matches played in the NCAA Tournament...against Nebraska (Sept. 4), she had 26 digs...she recorded double-figures in kills and digs three times during the season...season-highs: 14 kills vs. Georgia Tech; 26 digs vs. Nebraska; three blocks vs. Southern Illinois.

HIGH SCHOOL: Kammer was cited for her volleyball prowess on the national, state and local levels...as a senior at Burris HS, she was recognized as a second-team All-American...also featured in the Volleyball Monthly annual "Fab 50" listing...a three-time all-state and all-conference selection, Kammer also received first-team All-America recognition from the USVBA...her lengthy list of honors includes invitations to the 1992 Mizuno All-American All-Star match in Albuquerque, N.M., and the 1993 Mizuno Indiana All-Star match...a four-time letterwinner, Kammer also boasts experience as a participant at the 1992 Junior Elite camp...played on Burris teams that won 161 of 162 matches over a four-year period while capturing state championships in 1989, '90 and '92...Burris was ranked No. 1 in the nation by Volleyball Monthly in 1992...on the club level, Kammer played for Munciana, which placed third at the 16-and-under national tournament in 1991 and second at the 18-and-under tournament in 1992.

QUOTING COACH ROSE: "I thought Angie had a solid year last year. She started throughout the year and played a lot. We need her to step it up this year. I don't think she can play at the same level she did last year and have the same success. She needs to be a stronger physically, but her knowledge of the game is solid and she is a very competitive young lady. Hopefully, she will be able to provide us with the necessary leadership on the floor and continue to ball handle at the level she does right now."

CAREER-HIGHS
Kills: 20 vs. Iowa, Oct. 7, 1995
Attacks: 56 vs. Michigan State, Oct. 21, 1995
Hitting %: .552 (16-0-29) vs. Oregon St., Sept. 9, 1995
Digs: 26 (twice) last vs. Iowa, Oct. 7, 1995
Blocks: 4 (three times)
last vs. Northwestern, Nov. 10, 1995

player Profiles

Jodi Niswender

MIDDLE HITTER

6-0 Senior

Fort Collins, Colo.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1993	25	6	59	.322	14	18	1
1994	25	15	59	.169	9	27	1
1995	244	84	563	.284	116	126	9
Career	294	105	681	.277	139	171	11

Entering her senior year, Jodi Niswender has taken her game to a higher level each season and is expected to provide physical play at the net in 1996...an offensive threat with the ability to hit the ball hard and quick from the middle...played in all 35 matches and 112 games last season and finished second on the team with 116 blocks...a regular in the starting rotation, she posted 244 kills and 126 digs on the season...set career highs with 21 kills and 10 blocks against Illinois (Nov. 24) and 10 digs against Washington (Sept. 2)...recorded double-digit kills on nine occasions including each of the last three conference matches.

LADY LION CAREER: 1994-appeared in 19 games...recorded five kills and seven digs in the four-game victory at Florida State...in the NCAA semifinal match with UCLA, Niswender played in three games, adding three kills and three digs with a pair of blocks...season-highs: five kills vs. Florida State (Sept. 10); seven digs vs. Florida State (Sept. 10); two blocks (twice). **1993-**Niswender saw action in 12 matches, starting several times for injured middle blocker Jenny Myszewski...recorded a .322 hitting efficiency mark that included 25 kills...hit .357 against Big Ten opponents...her best match was against Purdue, with five kills and five digs...season-highs: five kills vs. Purdue (Nov. 6); five digs vs. Purdue (Nov. 6); three blocks (twice).

HIGH SCHOOL: Niswender distinguished herself academically and athletically at Fort Collins HS in Colorado...as a starting middle blocker/outside hitter for the volleyball team and post player for the basketball team, she earned all-state and all-conference honors three times in each sport...also was a team captain in both sports...participation in the annual North-South all-star match was one of the highlights of her senior year...selected to compete in the 1993 All-State Games...her volleyball teams placed second in the state her junior and senior seasons...on the academic side, Niswender was honored annually for her excellence in the classroom.

QUOTING COACH ROSE: "Jodi has progressed well throughout her career and going into her fourth year will hopefully have the opportunity to have her best year.. She works hard and she is a physical player. She is not a big middle blocker, but her approach to the game is good and her work ethic is solid. I am confident that, given the opportunity, Jodi will be able to step up and perform more consistently and at a higher level this season."

CAREER-HIGHS
Kills: 21 vs. Illinois, Nov. 24, 1995
Attacks: 40 vs. Illinois, Nov. 24, 1995
Hitting %: .769 (10-0-13) vs. UConn, Sept. 9, 1995
Digs: 10 vs. Washington, Sept. 2, 1995
Blocks: 10 vs. Illinois, Nov. 24, 1995

Samantha Spink

SETTER

5-9 RS-Sophomore

Coeur d' Alene, Idaho

Season	K	E	TA	Pct.	Blks.	Digs	SA	Assists
1995	128	30	318	.308	72	299	30	1,500

Thrown into the fire as a red-shirt freshman in 1995, Samantha Spink returns for her sophomore season a tested and experienced setter and is expected to elevate her play another notch in 1996...began a new setting era for Penn State in 1995 taking the reigns from three-time All-American Salima Davidson...displayed physical and mental toughness in her first year of competition posting 1,500 assists (fourth best in the conference and tied for the sixth best Penn State single season mark)...a reliable hitter, the 5-9 Spink recorded 128 kills while leading the team with a .308 hitting percentage...also posted 299 digs and 72 blocks while one of two players to start in all 35 matches and 116 games on the season...recorded a season high 82 assists twice on the season (both against Illinois), and had a season best 23 digs against Iowa...also posted season highs of eight kills against Oregon State and six blocks against Michigan State.

HIGH SCHOOL: Spink, the setter for Coeur d'Alene HS, led the Vikings to a third-place finish in the 1993 Idaho state tournament and received first-team all-state honors...Spink was named Athlete-of-the-Year by her high school and the Spokane Sportscasters...she played for the S.P.E.C.S. Elite Club team...contributed to the Vikings' state basketball championship and a third-place finish during her career...she received basketball all-state honorable-mention honors in 1994 and was the Vikings' MVP, as well as MVP of the East/West District I all-star game...Spink also was a three-year Outstanding State Scholar-Athlete with a 4.0 grade-point average and earned the A.V.C.A. Scholastic National Award in 1993.

QUOTING COACH ROSE: "I think, considering it was her first year of collegiate setting, she executed about as well as we could have expected last year. I thought she competed hard and the thing that I like about Sam is that she is physically tough. She absorbed a lot of beatings and she had a lot of body parts that were banged up during the year, but she kept on practicing and playing. I'm sure she learned a great deal last year. For a first year setter to keep you in the Top Ten for the whole year speaks highly of what Sam did for us last year and, with the gained experience and confidence, she should continue to do well."

CAREER HIGHS:
Assists: 82 (twice) last vs. Illinois, Nov. 24, 1995
Kills: 8 vs. Oregon State, Sept. 9, 1995
Blocks: 6 vs. Michigan State, Oct. 21, 1995
Digs: 23 vs. Iowa, Oct. 7, 1995
Aces: 3 (five times) last vs. Indiana, Nov. 25, 1995

Emily Stout

OUTSIDE HITTER

6-1 Sophomore

Seymour, Ind.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1995	31	11	88	.227	10	17	0

With a year of experience under her belt, Emily Stout enters her sophomore season with the potential to emerge as an offensive force for the Lady Lions...a talented competitor at the net with strong hands, she played a variety of positions across the front line for Penn State last year and emerged as a top player during the Spring...Stout competed in 25 matches and 38 games in her freshman season...she recorded 31 kills, 17 digs and 10 blocks on the year...smacked a season high six kills and 24 attacks in the NCAA tournament against Nebraska...also recorded season highs of 4 digs (twice) and two blocks (three times).

HIGH SCHOOL: Stout took full advantage of Seymour High School's extracurricular athletic activities and participated in four sports, excelling on the volleyball court...she was an all-state selection in 1994 and garnered All-South Central Conference honors in 1993 and '94...named to the Volleyball Monthly "Fab 50" list...the two-time captain led the Owls to the conference title and advanced to the finals of the state tournament her senior year...Stout was a member of the 1994 U.S. Junior Olympic Elite team that competed in Puerto Rico...Seymour's two-time team MVP was a member of the 1995 South team which faced the Northern All-Stars...she played doubles on Seymour's tennis team, ran hurdles and long and high jumped for the track squad...she also competed on the floor and vault as a gymnast...Stout is a dedicated student and was a member of the National Honor Society...her father, David, played baseball at Wabash College from 1969 to 1973.

QUOTING COACH ROSE: "I am hoping Emily is going to be able to start either at the outside hitter or the middle blocking position for us. I think Emily had a very good Spring and she competes hard and has a great knowledge of the game. I would like to think that she is going to be somebody that we can really count on consistently this year. She started in our second match against Nebraska in the regional championship, which was a tough situation, and held her own. I know she is a tough and intelligent player and she has a good future as long as she keeps working hard."

CAREER HIGHS:
Kills: 6 vs. Nebraska, Dec. 8, 1995
Digs: 4 (twice)
last vs. George Mason, Oct. 6, 1995
Assists: 4 vs. West Virginia, Sept. 9, 1995
Blocks: 2 (three times)
last vs. Nebraska, Dec. 8, 1995

Amanda Thomas

BACK ROW

5-4 Sophomore

Huntingdon, Pa.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1995	0	0	0	.000	0	22	4

A back row specialist who will challenge for a key ball handling and defensive role, Amanda Thomas gained an introduction to college volleyball while playing in 18 matches and 28 games during her freshman season...in limited time, she collected 22 digs and demonstrated a polished serve with four aces...played two games in the NCAA tournament loss to Nebraska...hustled for a season high six digs in a win over Lehigh (Sept. 15) and served up a season high two aces against Michigan (Oct. 20).

HIGH SCHOOL: Thomas was the three-year starting setter for the Huntingdon Area HS squad that finished the 1992 and '93 regular-seasons undefeated...Thomas was recognized as a second-team all-state athlete in 1994 and was tabbed honorable-mention in 1993...the three-time first-team All-District 6 performer led the Bearcats to three consecutive District AAA titles and a runner-up finish in 1994...Thomas participated as the starting setter for three years at the Nittany Region All-Star game...her father, Bruce, played football for the University of Virginia from 1963 to 1967.

QUOTING COACH ROSE: "I thought Amanda had a real up and down freshman year, but I feel she has all the tools to be a real successful back row player. I think her success will depend on how she handles the normal maturation process as a player. She has a good serve and plays good defense, so, hopefully, we will be able to find a position where she can demonstrate her proficiencies."

CAREER HIGHS:
Digs: 6 vs. Lehigh, Sept. 15, 1995
Aces: 2 vs. Michigan, Oct. 20, 1995

player Profiles

Teri Wroblewski

OUTSIDE HITTER

5–10 Junior

Milwaukee, Wis.

Season	K	E	TA	Pct.	Blks.	Digs	SA
1994	3	3	1	.250	0	3	0
1995	5	2	15	.200	0	8	0
Career	8	5	16	.187	0	8	0

A hard hitter with an exemplary work ethic, Teri Wroblewski will work to increase her playing time this season while contributing a terrific attitude and personality to the Lady Lion chemistry...saw action in four matches and four games during 1995...recorded five kills and eight digs on the year...gained playing time early in the year picking up a season high three digs against Lehigh (Sept. 15) and a pair of kills in the West Virginia (sept. 2) and St. Bonaventure (Sept. 16) matches...earned All-Big Ten Academic honors with a 3.10 grade-point average in education.

LADY LION CAREER: 1994-Wroblewski spent her rookie season getting adjusted to collegiate volleyball and the Penn State system...she saw action in three matches, recording a kill in each of the three games she appeared in and tallied three digs in the Sept. 3 contest with Rutgers.

HIGH SCHOOL: Wroblewski played volleyball and basketball for Pius XI, one of the most successful high school athletic programs in the country...she led the Lady Pope volleyball team to its eighth consecutive state title...named a Mizuno second-team All-American and first-team all-state...also a Volleyball Monthly "Fab 50" selection and Wisconsin's Player-of-the-Year in 1993, Wroblewski played for the Milwaukee Sting Volleyball Club...she was named to the Texas Lone Star Classic national qualifying all-tournament team in 1991...played forward for the Lady Pope basketball team, helping it to a 12th consecutive state championship, which is a national record...attended the same high school as former Lady Lion Jenny Myszewski.

QUOTING COACH ROSE: "Teri is a great kid with a great personality. She is a player that hasn't played as much as she would have liked or as much as even I would have envisioned, but I have great respect for the integrity with which she carries herself. She works hard everyday and maybe this year there will be more opportunities for Teri to demonstrate the type of player that she is. She competes hard, comes to practice everyday with a good attitude and I think Teri brings a lot to the program. I respect her contribution."

The Lady Lions have anchored their success in a strong sense of team unity and a commitment to hard work.

Bonnie Bremner

5-9 SETTER Freshman

Naperville, Ill.

Bonnie Bremner is expected to make an immediate impact for the Lady Lions in 1996...expected to challenge Samantha Spink for the starting setter position, she will bring a competitive fire and leadership capabilities obtained through years of top level club experience...she has been exposed to the top levels of women's volleyball as her sister, Julie, played on the US National Team from 1989-91...Bremner has her sights set on a career in social work or the medical profession as she begins her freshman year at Penn State.

HIGH SCHOOL: A three-year starting setter out of St. Francis HS (Illinois), Bonnie Bremner brings to the Lady Lions, an impressive list of high school and club team credentials...named team captain her junior year, she led the Spartans to the Illinois State Championship...also earned All-America accolades three-consecutive years , from 1993-95...an all-conference selection, Bremner was voted team "Most Valuable Player" as a junior...as a member of the Sports Performance club team, one of the best junior programs in the country, she helped lead the squad to a silver medal in national competition...also a member of the USA Junior National Team.

QUOTING COACH ROSE: "I think Bonnie Bremner is the best setter in the country coming out of high school this year and better trained than a lot of college players. She's the starting setter for the top ranked junior program in the country, but their program practices more than college teams do, so she is going to have to taper her training regime and recognize the differences between high school and college volleyball. She has great skills, tremendous leadership, and is an incredibly tough young lady that is going to make a valuable contribution to our program. I think she has all the potential in the world, and, if the team is as good as we hope, she has a chance to be recognized as one of the top freshmen in the country."

Lauren Cacciamani

6-2 MIDDLE HITTER Freshman

Paramus, N.J.

Lauren Cacciamani joins the Lady Lions with an impressive stack of credentials and a tremendous amount of volleyball experience...one of the top front line players coming out of high school, she is expected to make an immediate contribution for Penn State at the net...she possesses excellent size (6-2), quickness and a live arm that will allow her to make a strong challenge for a starting position...Cacciamani is contemplating a career in art history or architecture as she begins her freshman year at Penn State.

HIGH SCHOOL: Cacciamani recorded a stellar prep career at Paramus HS (New Jersey)...a three-year starter at middle hitter, she collected first-team all-league and all-county honors three straight years (1993-95)...as team captain her senior year (1995), she led the Spartans to their second consecutive Group 3 league and state titles, having also captured both crowns in 1994...also led Paramus to a county championship in 1995...garnered third-team All-America honors her senior year... she also lettered in track and field as a high jumper...a valuable contributor for the Digs Volleyball Club team, Cacciamani was named a two-year team captain...also tabbed a *Volleyball Magazine* "Fab 50" pick her senior season and selected as a member of the US Youth National Team in 1995...Gatorade selected her as a 1996 regional Circle of Champions honoree...Cacciamani also competed as part of the U.S. team in the 1995 All-American match against California.

QUOTING COACH ROSE: "We feel that Lauren is one of the top middle players in the country coming out of high school. She has great quickness, good size and a great work ethic. I'm confident that Lauren is going to have a great career at Penn State, and I think she is going to have good success in the Big Ten. This year, we are going to count on her to help us as a middle player, and I'm confident she can do that. She is going to progress throughout her career, and I would not be surprised at all if Lauren ends up being an all-conference player down the road. She needs to develop the strength and endurance to compete at the top level and I'm confident that will happen in time."

Lady Lion Freshmen

Kalna Miller

5-7 BACK ROW Freshman

Pittsburgh, Pa.

Kalna Miller brings excellent ball handling skills and a competitive zest to the Lady Lions stock of back row players...she will challenge for playing time immediately and may even emerge as a starter...she brings an extensive prep and club volleyball background and should adapt quickly to the college level...foot work should not be a problem as she danced for 10 years at the Rosalene Kenneth Professional School of Dance...Her father works at the Pittsburgh Post Gazette as a pressman.

HIGH SCHOOL: Miller gained a wealth of volleyball experience during her prep career...she was a four-year letterwinner and starter for Mt. Lebanon HS (Pittsburgh)...Miller captured first-team all-section honors her sophomore, junior, and senior seasons...she was a two-year team captain for the Blue Devils, and took home honorable mention all-state accolades in 1994 and second-team honors in 1995...voted team "Most Valuable Player" by her teammates following her senior year...led her team to a runner-up finish in the state tournament and a fifth place finish in 1994...a versatile player as a back row specialist and outside hitter, she was selected to six all-tournament teams during her high school career...also named an all-WPIAL selection her junior and senior seasons...Miller competed for the Pittsburgh Golden Triangles club team for five seasons and led them to a third-place showing at the Junior Club Nationals in 1995 before joining the Steel City Juniors club team.

QUOTING COACH ROSE: "Kalna is a very good back row player. Defensively, she has good pursuit skills, and I am hopeful that she is going to come in and really push the older players. I'm always disappointed when freshman come in and think they should wait for their opportunity. I don't think good athletes wait. I think good athletes come in and work hard to get the job done. I really think that's the kind of individual Kalna is, and I wouldn't be surprised if Kalna beats out everybody and is our primary back row player."

Carrie Schonveld

6-0 OUTSIDE HITTER Freshman

Portage Northern, Mich.

A versatile athlete, Carrie Schonveld combines adept ball handling and aggressive net play and will be an impact player on the Lady Lion front line...a decorated athlete, she brings the confidence to excel quickly on the college level...Schonveld is contemplating a career in education or occupational therapy as she begins her freshman year at Penn State.

HIGH SCHOOL: An all-around athlete at Portage Central HS (Kalamazoo, Mich.), Schonveld started for three seasons as the center on the basketball team, competed three season in the high jump, discus and shot put for the track team and started all four years at outside hitter for the volleyball team...her list of honors is lengthy: four-year all-conference selection, three-year conference "Most Valuable Player", two-year All-State first-team, one-year All-State second-team, two-time member of the Detroit Free Press Dream Team, the 1995 Gatorade Player-of-the-Year and a Volleyball Monthly "Fab 50" selection...she led her volleyball, basketball and track teams to conference championships in her senior year and earned Portage Central's Female Athlete-of-the-Year award... Schonveld served as captain of the basketball team and set school season and career records for rebounding...she also claimed all-conference honors in the shot put and set school records in the high jump and discus...she also excelled in the classroom earning the B'nai B'rith scholar-athlete award and the Optimist Club award.

QUOTING COACH ROSE: "I think Carrie is as skilled a player as we have brought in in the last three or four years. She has a great touch on the ball in defense and passing, and I think she is going to be able to come in and contribute immediately at the net. She is going to be both a left side and right side player for us depending on the situation. I thought she was one of the top players in the Midwest, and I am confident that she is going to be able to compete successfully in the Big Ten."

DATE		OPPONENT	W-L	SCORES	ATT.
		NACWAA CLASSIC			
Aug.	25	at Nebraska	L, 0-3	4-15,3-15,6-15	3,229
Aug.	26	Cal-State Northridge	W, 3-0	15-5,15-9,15-1	2,000
		PENN STATE/TOFTREES CLASSIC			
Sept.	1	LOUISIANA STATE	W, 3-0	15-10,15-2,15-9	750
Sept.	2	WEST VIRGINIA	W, 3-0	15-1,15-7,15-1	317
Sept.	2	WASHINGTON	W, 3-0	15-9,15-9,15-9	867
		SUNWEST BANK CLASSIC			
Sept.	8	Iowa State	W, 3-0	15-5,15-7,15-6	1,028
Sept.	9	Oregon State	W, 3-0	15-6,15-4,15-13	591
Sept.	9	New Mexico	W, 3-0	15-8,15-5,15-12	1,237
		PENN STATE INVITATIONAL			
Sept.	15	LEHIGH	W, 3-0	15-2,15-4,15-3	1,853
Sept.	16	ST. BONAVENTURE	W, 3-0	15-2,15-1,15-8	531
Sept.	16	CONNECTICUT	W, 3-0	15-0,15-0,15-9	2,427
Sept.	22	at Indiana *	W, 3-0	15-0,15-8,15-10	860
Sept.	23	at Illinois *	W, 3-2	15-10,13-15,12-15,15-11,15-13	3,058
Sept.	29	MINNESOTA *	W, 3-0	15-8,15-5,15-5	1,309
Sept.	30	WISCONSIN *	W, 3-0	15-11,15-6,16-14	1,111
Oct.	4	at Ohio State *	L, 1-4	8-12,7-11,21-18,-,-	612
Oct.	6	GEORGE MASON	W, 3-1	11-15,15-4,15-8,15-2	1,867
Oct.	7	IOWA *	W, 3-1	16-18,15-12,15-4,15-6	2,197
Oct.	13	at Purdue *	W, 3-0	17-15,18-16,15-10	1,564
Oct.	14	at Northwestern *	W, 3-0	15-7,15-4,15-13	270
Oct.	17	DUKE	W, 3-0	15-9,15-5,15-9	1,057
Oct.	20	MICHIGAN *	W, 3-0	15-4,15-5,15-2	2,116
Oct.	21	MICHIGAN STATE *	L, 2-3	16-14,6-15,10-15,15-13,14-16	1,807
Oct.	27	at Wisconsin *	W, 3-0	21-8,21-9,15-11	2,387
Oct.	28	at Minnesota *	W, 3-0	15-11,15-7,15-12	1,211
Nov.	1	OHIO STATE *	L, 0-3	5-15,14-16,13-15	1,489
Nov.	3	at Iowa *	W, 3-0	15-9,15-4,15-9	448
Nov.	10	NORTHWESTERN *	W, 3-0	15-7,15-1,15-3	1,289
Nov.	11	PURDUE *	W, 3-0	15-5,15-2,15-6	1,241
Nov.	17	at Michigan State *	L, 0-3	14-16,8-15,7-15	3,857
Nov.	18	at Michigan *	L, 2-3	12-15,15-10,15-13,5-15,13-15	987
Nov.	24	ILLINOIS *	L, 2-3	15-17,13-15,15-9,15-3,11-15	1,285
Nov.	25	INDIANA *	W, 3-0	17-15,15-6,15-7	1,054
		NCAA SECOND ROUND			
Dec.	3	GEORGIA TECH	W, 3-0	15-8,15-5,15-5	789
		NCAA CENTRAL SEMI-FINAL			
Dec.	8	Nebraska	L, 1-3	7-15,6-15,16-14,2-15	4,312

* Conference Match

1995 RECORD: Overall 27-8, Big Ten 14-6

THREE GAME MATCHES: 24-3; **FOUR GAMES:** 1-4; **FIVE GAMES:** 2-1

HOME: 16-3; **AWAY:** 8-5; **NEUTRAL:** 3-0

ATTENDANCE

SITE	MP	TOTAL	PER MATCH
HOME:	19	25,356	1,334.5
AWAY:	13	24,032	1,848.6
NEUTRAL:	3	3,619	1,206.3
TOTAL:	35	53,007	1,514.5

Jodi Niswender played in all 35 matches for the Lady Lions in 1995 finishing second on the team with 116 blocks.

As a red-shirt freshman, Samantha Spink started all 35 matches and 116 games at setter in 1995 and finished fourth in the conference with 1,500 assists.

1995 in Review

ALL MATCH STATISTICS

RECORD: 27-8 (HOME: 16-3; AWAY: 8-5; NEUTRAL: 3-0)

PLAYER	MP	GP	K	E	TA	PCT.	A	SA	SE	RE	DG	BS	BA	TB	BE	BHE
Spink	35	116	128	30	318	.308	1500	30	12	0	299	7	65	72	10	29
Zemaitis	35	116	580	188	1319	.297	23	23	49	4	299	39	151	190	17	3
Ton	35	114	329	95	814	.287	93	42	32	10	405	11	74	85	5	5
Niswender	35	112	244	84	563	.284	9	5	10	2	126	25	91	116	5	1
Kammer	34	107	338	91	967	.255	31	11	8	26	427	12	52	64	11	0
Higley	11	13	6	1	21	.238	0	4	0	0	6	0	2	2	0	0
Stout	25	38	31	11	88	.227	10	0	2	0	17	0	10	10	3	0
Wroblewski	4	4	5	2	15	.200	0	0	2	0	8	0	0	0	0	0
Rottinghaus	35	114	178	75	542	.190	45	32	25	42	479	9	34	43	5	2
Anderson	19	37	47	24	131	.176	2	5	11	6	33	2	9	11	4	0
Ebuwei	19	23	0	0	1	.000	1	1	5	0	27	0	0	0	0	0
Otero	34	89	0	0	3	.000	5	19	10	1	116	0	1	1	0	1
Thomas	18	28	0	0	0	.000	0	4	4	0	22	0	0	0	0	0
Boner	25	41	0	0	1	.000	1	2	5	1	29	0	0	0	0	0
Burdis	10	10	0	0	0	.000	1	0	0	0	11	0	0	0	0	0
Cochran	10	13	7	12	38	-.132	0	0	1	0	9	1	2	3	1	0
PENN STATE	35	116	1893	613	4821	.266	1721	178	176	98	2313	106	491	352	61	41
Opponents	35	116	1672	882	5041	.157	1479	93	213	178	2008	82	380	272	-	57

BIG TEN MATCH STATISTICS

RECORD: 14-6 (HOME:7-3; AWAY: 7-3; NEUTRAL: 0-0)

PLAYER	MP	GP	K	E	TA	PCT.	A	SA	SE	RE	DG	BS	BA	TB	BE	BHE
Spink	20	69	77	20	191	.298	976	16	7	0	186	4	37	41	4	19
Ton	20	69	236	69	572	.292	51	22	23	6	255	6	53	59	3	3
Zemaitis	20	69	337	117	799	.275	9	17	30	3	185	22	94	116	14	3
Niswender	20	68	152	54	362	.271	6	2	4	1	80	16	61	77	4	1
Kammer	20	68	249	72	711	.249	19	9	5	18	290	11	30	41	8	0
Rottinghaus	20	69	129	46	361	.230	28	17	17	29	329	4	25	29	3	1
Stout	12	19	11	4	34	.206	0	0	1	0	3	0	4	4	2	0
Ebuwei	10	14	0	0	1	.000	0	1	3	0	15	0	0	0	0	0
Otero	20	57	0	0	2	.000	4	14	9	1	74	0	1	1	0	0
Thomas	9	16	0	0	0	.000	0	4	1	0	13	0	0	0	0	0
Cochran	5	7	5	5	22	.000	0	0	1	0	6	1	2	3	1	0
Higley	6	7	0	0	5	.000	0	1	0	0	3	0	0	0	0	0
Boner	14	27	0	0	1	.000	1	1	3	1	20	0	0	0	0	0
Burdis	5	5	0	0	0	.000	0	0	0	0	7	0	0	0	0	0
Anderson	14	22	9	10	40	-.025	0	1	4	1	12	0	7	7	2	0
PENN STATE	20	69	1205	397	3101	.261	1094	105	108	61	1478	64	314	221	41	27
Opponents	20	69	1094	539	3212	.173	1018	61	120	105	1286	50	296	198	59	38

1995 INDIVIDUAL MATCH BESTS

Kills: 38, Zemaitis at Illinois (9-23)
Total Attempts: 72, Zemaitis at Illinois (9-23)
Block Solos: 4, Jodi Niswender vs Washington (9-2)
Block Assists: 11, Zemaitis (twice) last at Purdue (10/13)
Total Blocks: 12, Zemaitis vs Iowa (10-7)
Service Aces: 5, Ton vs Michigan State (10-21)
Digs: 26, Kammer vs Iowa (10-7) & Rottinghaus vs Michigan State(10-21)
Assists: 82, Spink at Illinois (9-23)
Hitting Percentage (K-E-TA): .769, Niswender vs Illinois (11-24)

1995 TEAM MATCH BESTS

Kills: 97, at Illinois (9/23)
Total Attempts: 246, at Illinois (9/23)
Block Solos: 6, vs Iowa (10/7)
Block Assists: 30, at Purdue (10/13)
Total Blocks: 30, at Purdue (10/13) & vs Illinois (11/24)
Service Aces: 14, vs Michigan State (10/21)
Digs: 107, vs Illinois (11/24)
Assists: 94, at Illinois (9/23)
Hitting Percentage (K-E-TA): .405, vs Duke (10/17)

New Faces lead the 1995 Lady Lions back to the "Sweet Sixteen" and a Top Ten Ranking

Many questions swirled around the Lady Lion volleyball team as they entered the 1995 season. Who would replace the four powerhouse starters - Salima Davidson, Saundi Lamoureux, Laura Cook and Jen Reimers - lost to graduation? What would become of the only team coming off back-to-back Final Four appearances? Could a red-shirt freshman setter survive in the Big Ten?

"We're going to have some serious holes to fill," Coach Russ Rose said going into the 1995 season. "But I believe that we have people here that have aspirations to play at a high level and they're going to be excited and receptive to the challenges."

The first challenge on Penn State's list came in the form of a fired up Nebraska squad in the Lady Lions first match of the season. A young Penn State squad entered the match, broadcast live from Lincoln, Neb. on ESPN, as the No. 6 ranked team in the USA Today/AVCA preseason poll. The Cornhuskers were ranked No. 2 and boasted a solid veteran lineup still burning with the memory of a shocking upset at the hands of the Lady Lions during the 1994 NCAA tournament that ended a previously undefeated season.

The match was a buzz saw waiting for the inexperienced Penn State squad as Nebraska rolled in three games.

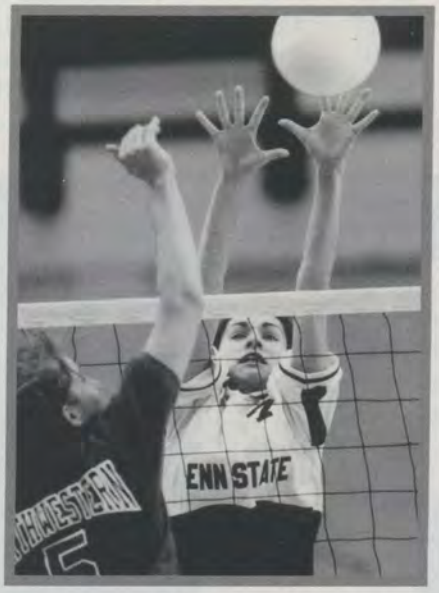
"I think the early season match with Nebraska was an accurate reflection on the situation because we had beaten them the year before at Nebraska," Rose said. "It was a totally different level of intensity for them and they had a great team while we were very young."

A young squad led by lone senior starter Zeynep Ton and relying on red-shirt freshman setter Samantha Spink and sophomore middle hitter Terri Zemaitis for offensive production just met their match on national television. The team's response would set the tone for the remainder of the season.

In a fashion true to the proud history of the Penn State volleyball program, the Lady Lions dismissed the loss and posted 14 straight wins (13 by sweep) as they captured the Penn State/Toftrees Classic, Sunwest Bank Classic and Penn State Invitational tournament titles. They highlighted the run by dropping 17th ranked Washington in three games and winning a grueling five set victory at 20th ranked Illinois in front of 3,058 fans.

Standing 4-0 in the conference and ranked No. 5, the Lady Lions then headed to No. 15 ranked Ohio State for another ESPN televised match. Under a newly devised television format Penn State fell 4-1 to the Buckeyes and once again looked to regroup.

"I thought we did some things well, but I don't think we ever really played that good of volleyball," Rose said of the 1995 season. "We competed hard at times, but when push came to shove, we didn't step up and beat anybody who was significantly better than we were. I don't think it was a year where the people that we had hoped would step up really stepped up."



Zeynep Ton earned first-team All-Big Ten honors for the second time in 1995.

Spink was proving to be a reliable setter while Zemaitis was emerging as the clear focal point of the offense, but clearly the Lady Lions missed the leadership of the four departed seniors.

"Terri is a talented athlete with the potential to be one of the top six or so players in the U.S., but it's really not in her nature to be a strong emotional leader," Rose said. "In the Big Ten as good as the players and the coaching is people have the ability to neutralize her and it came down to other players stepping up. I don't think we had a good level of consistency from the others."

Despite a lack of offensive punch at times, Penn State's defense was good enough to keep them in the hunt for the conference crown as they led the Big Ten in digs for the fifth straight year and finished second in blocking. Juniors Heidi Rottinghaus and Angie Kammer would finish one and two in the conference in digs per game with Ton a close third, while Zemaitis lead the conference in blocking.

"Last year we didn't really have the offense," Rose said. "We could keep the ball in play and scare some people and we could do some things offensively, but I don't think we were a team that had the potential to jump up and win a national championship."

Penn State would lose five more conferences matches, including maybe the most dramatic of the season as they fell in five sets to No. 6 ranked and eventual Big Ten Champion Michigan State in Rec Hall, losing the final game 14-16.

"We had a couple of matches that we lost that we could have won," Rose said of last year. "We had Michigan State here, which I thought we could have won in five, and the Michigan match at Michigan was a match that they played well and had a lot of emotion. We just had some players punching a card that night."

Penn State would go 14-6 in the Big Ten and finish third, their lowest finish to date, while ending the regular season with a 26-7 mark and a No. 10 ranking. Zemaitis captured the Lady Lions third Big Ten Player-of-the-Year award as she lead Penn State with 5.0 kills and 1.64 blocks per game. She was joined on the all-conference first-team by Ton, who finished in the top ten in the conference in hitting efficiency, aces and digs. Kammer received honorable-mention.

"I felt Zeynep had the best year statistically of all our players and it was a great honor for Terri to win the M.V.P. of the conference on a team that finished third," Rose said. "But we didn't have that great chemistry. I thought we had more people that were talking the talk and not going out there and getting the job done, not because they didn't want to be better, they just didn't understand what they needed to do."

Still, Penn State grabbed home court advantage as they prepared for their 16th straight NCAA tournament, and, after a first round bye, posted a 3-0 whipping on Georgia Tech in Rec Hall. It earned the Lady Lions their sixth straight trip to the "Sweet Sixteen" and their 11th overall regional berth where they ran into their first match nemesis, Nebraska.

The No. 1 ranked Cornhuskers, playing at home, returned the ouster the Lady Lions dealt them in the 1994 NCAA's and ended the Lady Lions season with a 3-1 victory. Nebraska went on to claim the national championship.

The Lady Lions ended the season at 27-8 and ranked No. 8 in the country, while Rose concluded his 17th season at Penn State having posted at least 26 victories in every season.

"I think our performance was better than a lot of people envisioned we would be able to come up with with a new setter and four new starters," Rose said. "Personally, I think we had the potential to do a little more."

A season that may have gone down as one of the best ever in the annals of many schools just served to stoke the Lady Lions competitive fires for a return to the top of the college game in 1996.

The Big Ten Conference

1995 FINAL STANDINGS

	Big Ten Matches		Overall	
	W-L	Pct.	W-L	Pct.
1. Michigan State	19-1	.950	34-3	.919
2. Ohio State	16-4	.800	22-8	.733
3. **PENN STATE**	14-6	.700	27-8	.771
4. Illinois	12-8	.600	24-9	.727
Indiana	12-8	. 600	20-14	.588
6. Michigan	11-9	.550	19-15	.567
7. Wisconsin	9-11	.450	22-15	.595
8. Minnesota	7-13	.350	13-17	.433
9. Purdue	6-14	.300	8-20	.286
10. Iowa	3-17	.150	10-21	.323
11. Northwestern	1-19	.050	5-25	.167

TEAM STATISTICAL LEADERS ALL 1995 MATCHES

Hitting Efficiency: Illinois, .281 (Penn State, 3rd, .266)
Kills/Game: Ohio State, 18.59 (Penn State, 5th, 16.32)
Assists/Game: Ohio State, 16.95 (Penn State, 3rd, 14.84)
Blocks/Game: Michigan State, 3.23 (Penn State, 2nd, 3.03)
Service Aces/Game: Wisconsin, 1.84 (Penn State, 4th, 1.53)
Digs/Game: Penn State, 1st, 19.94

Penn State is 109-29 against Big Ten opponents overall, including a 83-17 mark in conference action.

INDIVIDUAL STATISTICAL LEADERS ALL 1995 MATCHES

Hitting Efficiency: Val Sterk, Michigan State, .404
PSU: (Terri Zemaitis, 9th, .297; Zeynep Ton, 11th, .287; Jodi Niswender, 14th, .284)
Kills/Games: Erin Borske, Illinois, 5.95
PSU: (Terri Zemaitis, 3rd, 5.00)
Blocks/Game: Terri Zemaitis, Penn State, 1.64
Aces/Game: Jennifer Magelssen, Indiana, .50
PSU: (Zeynep Ton, 3rd, .37)
Assists/Game: Jen Boleyn, Ohio State, 15.45
PSU: (Samantha Spink, 4th, 12.93)
Digs/Game: Heidi Rottinghaus, Penn State, 4.20
PSU: (Angie Kammer, 2nd, 3.99; Zeynep Ton, 3rd, 3.52)

Salima Davidson was recognized as a three-time first-team All-Big Ten performer (1992-94) and the 1993 Big Ten Player-of-the-Year. She also earned honorable-mention all-conference honors in 1991. Davidson is currently a member of the United States National team.

PENN STATE'S BIG TEN HISTORY

Conference Finishes
1991: 2nd (tied with Wisconsin)
1992: 1st (tied with Illinois)
1993: 1st
1994: 2nd
1995: 3rd

First Big Ten Victory: def. Indiana, 3-1
Sept. 27, 1991 at Rec Hall
Longest Big Ten Winning Streak: 19, 1991-92
Longest Big Ten Home Win Streak: 28, 1991-94
Longest Big Ten Road Win Streak: 9, 1991-92
Big Ten Sweeps (Season): 17, 1993

CONFERENCE RECORDS SINCE PENN STATE JOINED THE BIG TEN IN 1991

		W-L	Pct.
1.	Ohio State	86-14	.860
2.	**PENN STATE**	**83-17**	**.830**
3.	Illinois	71-29	.710
4.	Minnesota	55-45	.550
	Wisconsin	55-45	.550
6.	Michigan	43-57	.430
7.	Purdue	38-62	.380
8.	Michigan State	36-64	.360
9.	Indiana	35-65	.350
10.	Iowa	27-73	.270
11.	Northwestern	20-80	.200

NCAA TOURNAMENT RESULTS (RECORD: 16-15)

Season	Opponent	Result	
1981	Cincinnati	W	15-8, 15-6, 15-2
	Pacific (1)	L	10-15, 15-13, 15-10, 12-15, 13-15
1982	at Nebraska	L	13-15, 5-15, 13-15
1983	PROVIDENCE	W	15-10, 15-9, 15-9
	UCLA (2)	L	1-15, 14-16, 11-15
1984	at Northwestern	W	7-15, 15-9, 15-4, 9-15, 15-4
	Pacific (3)	L	4-15, 8-15, 12-15
1985	at Nebraska	L	8-15, 7-15, 12-15
1986	WYOMING	W	13-15, 15-2, 15-7, 15-4
	at Nebraska	L	7-15, 15-4, 16-14, 16-18, 9-15
1987	at Purdue	L	4-15, 9-15, 15-17
1988	at Notre Dame	L	13-15, 10-15, 16-14, 10-15
1989	at Illinois	L	5-15, 9-15, 2-15
1990	PURDUE	W	15-8, 16-14, 15-4
	Wisconsin (4)	W	15-6, 15-6, 15-3
	at Nebraska	L	12-15, 14-16, 15-10, 5-15
1991	COLORADO	W	8-15, 10-15, 15-11, 15-6, 15-11
	Ohio State (4)	L	15-13, 9-15, 15-11, 5-15, 11-15
1992	NOTRE DAME	W	15-13, 15-8, 15-9
	Stanford (5)	L	13-15, 6-15, 13-15
1993	NORTHERN ILLINOIS	W	15-5, 15-8, 15-8
	Colorado (6)	W	9-15, 16-14, 16-18, 15-8, 15-7
	Notre Dame (6)	W	15-12, 15-5, 15-12
	Brigham Young (7)	W	15-13, 6-15, 16-14, 15-12
	Long Beach State (7)	L	13-15, 15-12, 11-15, 14-16
1994	BALL STATE	W	15-8, 15-5, 18-16
	Notre Dame (4)	W	15-4, 15-6, 15-2
	Nebraska (4)	W	12-15, 15-11, 15-9, 15-8
	UCLA (8)	L	15-3, 4-15, 9-15, 15-5, 11-15
1995	GEORGIA TECH	W	15-8, 15-5, 15-5
	Nebraska (4)	L	7-15, 6-15, 16-14, 2-15

(1) at Northwestern (2) at Purdue (3) at Western Michigan (4) at Nebraska
(5) at Illinois (6) at Minnesota (7) at Wisconsin (8) at Texas

The Nittany Lion

ATLANTIC 10 TOURNAMENT RESULTS

1983: First (Host: George Washington)			
	George Washington	W	15-6, 15-8, 15-4
	Rhode Island	W	15-11, 15-6, 15-6
	West Virginia	W	15-6, 15-6, 15-6
	Temple	W	15-8, 15-7, 15-5
	Rutgers	W	15-10, 15-9, 15-7
1984: First (Host: Rhode Island)			
	West Virginia	W	15-2, 15-5, 15-5
	Rhode Island	W	15-11, 15-4, 15-8
1985: First (Host: West Virginia)			
	George Washington	W	15-10, 15-4, 15-5
	Rhode Island	W	15-12, 15-9, 15-12
1986: First (Host: Rutgers)			
	George Washington	W	15-3, 15-4, 15-5
	Rhode Island	W	15-2, 15-9, 15-6
1987: First (Host: Rhode Island)			
	Massachusetts	W	15-6, 15-2, 15-6
	West Virginia	W	15-11, 15-5, 15-6
1988: First (Host: Penn State)			
	West Virginia	W	15-9, 15-10, 15-5
	Rhode Island	W	15-8, 15-11, 15-8
1989: First (Host: George Washington)			
	West Virginia	W	15-0, 15-3, 15-2
	Rhode Island	W	15-8, 15-7, 15-10
1990: First (Host: Temple)			
	West Virginia	W	15-5, 15-0, 15-13
	George Washington	W	15-2, 15-1, 15-5

During its nine-year affiliation with the Atlantic 10 Conference, Penn State captured all eight conference titles and never lost a regular-season match (49-0).

Match

KILLS

Three Games: 25, JoAnn Elwell vs. Duke, Nov. 4, 1989.
Four Games: 34, Terri Zemaitis vs. George Mason, Oct. 6, 1995.
Five Games: 38, Terri Zemaitis at Illinois, Sept. 23, 1995.

HITTING EFFICIENCY

Three Games: .909, Michelle Jaworski vs. N.C. State, Nov. 4, 1989.
Four Games: .692, Kim Kumfer vs. Pittsburgh, Oct. 21, 1989.
Five Games: .634, Lori Barberich vs. Northwestern, Dec. 1, 1984.

JoAnn Elwell

SOLO BLOCKS

Three Games: 9, Ellen Crandall vs. G. Washington, Sept. 12, 1981.
Four Games: 7, Saundi Lamoureux vs. Ohio State, Sept. 21, 1994
Five Games: 5, Marcia Leap vs. Tennessee, Nov. 30, 1985;
JoAnn Elwell vs. LSU, Nov. 28, 1987.

BLOCK ASSISTS

Three Games: 10, Terri Zemaitis at Purdue, Oct. 13, 1995.
Four Games: 11, JoAnn Elwell vs. Tennessee, Oct. 21, 1988.
Terri Zemaitis vs. Iowa, Oct. 7, 1995.
Five Games: 11, JoAnn Elwell vs. N.C. State, Oct. 15, 1988.

SERVICE ACES

Three Games: 6, Jen Reimers vs. Temple, Sept. 27, 1992.
Four Games: 5, Elizabeth Ramirez vs. Florida State, Sept. 10, 1988;
Jennifer Schuller vs. Hofstra, Oct. 20, 1990;
Zeynep Ton vs. Ohio State, Oct. 13, 1993.
Five Games: 8, Vida Kernich vs. Northwestern, Nov. 26, 1983.

DIGS

Three Games: 25, Noelle Zientara vs. Western Mich., Sept. 23, 1989.
Heidi Rottinghaus vs. Wisconsin, Sept. 30, 1995
Four Games: 28, Laura Cook vs. Minnesota, Sept. 24, 1993.
Five Games: 40, Noelle Zientara vs. N.C. State, Oct. 15, 1988.

THE LAST TIME

Penn State Won A Regular-Season Match: vs. Indiana, Nov. 25, 1995 (17-15, 15-6, 15-7)
Penn State Lost A Regular-Season Match: vs Illinois, Nov. 24, 1995 (15-17, 13-15, 15-9, 15-3, 11-15)

Penn State Won A Non-Conference Home Match: vs. Georgia Tech, Dec. 3, 1995 (15-8, 15-5, 15-5)
Penn State Lost A Non-Conference Home Match: vs. Nebraska, Sept. 9, 1993 (11-15, 15-9, 4-15, 17-15, 10-15)

Penn State Won A Big Ten Home Match: vs Indiana, Nov. 25, 1995 (17-15, 15-6, 15-7)
Penn State Lost A Big Ten Home Match: vs Illinois, Nov. 24, 1995 (15-17, 13-15, 15-9, 15-3, 11-15)

Penn State Won A Big Ten Regular-Season Match: vs Indiana, Nov. 25, 1995 (17-15, 15-6, 15-7)
Penn State Lost A Big Ten Regular-Season Match: vs Illinois, Nov. 24, 1995 (15-17, 13-15, 15-9, 15-3, 11-15)

Penn State Swept A Non-Conference Regular-Season Match: vs. Duke, Oct. 17, 1995 (15-9, 15-5, 15-9)
Penn State Was Swept In A Non-Conference Regular-Season Match: at Nebraska, Aug. 25, 1995 (4-15, 3-15, 6-15)

Penn State Swept A Big Ten Regular-Season Match: vs. Indiana, Nov. 25, 1995 (17-15, 15-6, 15-7)
Penn State Was Swept In A Big Ten Regular-Season Match: at Michigan State, Nov. 17, 1995 (14-16, 8-15, 7-15)

Penn State Swept Any Opponent At Home: vs Georgia Tech, Dec. 3, 1995 (15-8, 15-5, 15-5)
Penn State Was Swept By Any Opponent (home): vs Ohio State, Nov. 1, 1995 (5-15, 14-16, 13-15)
Penn State Was Swept By Any Opponent (away): at Michigan State, Nov. 17, 1995 (14-16, 8-15, 7-15)

Season

KILLS

666	Lori Barberich, 1983
603	Lori Barberich, 1981
580	**Terri Zemaitis, 1995**
513	Ellen Crandall, 1981
512	Lori Barberich, 1984
501	Lori Barberich, 1982
483	JoAnn Elwell, 1990
480	Leanne Kling, 1991
479	Elizabeth Ramirez, 1986

HITTING PERCENTAGE

.500	Lori Barberich, 1981
.480	JoAnn Elwell, 1990
.437	Leanne Kling, 1990
.413	Ellen Hensler, 1985
.396	JoAnn Elwell, 1989
.382	Lori Barberich, 1983
.375	Lori Barberich, 1984
.369	Noelle Zientara, 1990
.354	Salima Davidson, 1994
.336	Elizabeth Ramirez, 1989
.334	Elizabeth Ramirez, 1986

ATTACKS

1,394	Lori Barberich, 1983
1,319	**Terri Zemaitis, 1995**
1,212	Laura Cook, 1994

BLOCKS

400	Marcia Leap, 1983
325	Lori Barberich, 1983
315	Ellen Hensler, 1983
205	Saundi Lamoureux, 1993
190	**Terri Zemaitis, 1995**
188	JoAnn Elwell, 1988
187	Marcia Leap, 1985
183	JoAnn Elwell, 1989
177	JoAnn Elwell, 1987
177	Leanne Kling, 1991

ACES

70	Noelle Zientara, 1988
61	Vida Kernich, 1986
60	Ellen Hensler, 1985
60	Michelle Jaworski, 1988
59	Lisa Chidester, 1983
59	Ellen Hensler, 1986
55	Vida Kernich, 1983
54	Lori Barberich, 1983
51	Lisa Chidester, 1985
49	Ellen Hensler, 1984
47	Elizabeth Ramirez, 1986

DIGS

523	Noelle Zientara, 1988
507	Kim Kumfer, 1991
479	**Heidi Rottinghaus, 1995**
443	Ellen Hensler, 1986
437	Laura Cook, 1994
430	Kim Kumfer, 1990
427	**Angie Kammer, 1995**
424	Noelle Zientara, 1989
417	Noelle Zientara, 1990
409	Jenny Schuller, 1991
406	Jen Reimers, 1993

ASSISTS

1,966	Michelle Jaworski, 1990
1,741	Ellen Hensler, 1986
1,713	Michelle Jaworski, 1988
1,697	Michelle Jaworski, 1989
1,579	Leslie Peters, 1983
1,500	Salima Davidson, 1994
	Samantha Spink, 1995
1,454	Salima Davidson, 1993
1,442	Ellen Hensler, 1984
1,397	Ellen Hensler, 1985
1,265	Salima Davidson, 1992

Team Career

WINNING STREAKS

44 — 1990
29 — 1981
26 — 1988, 1989
25 — 1992
23 — 1986
20 — 1993
18 — 1985

CONSECUTIVE REGULAR-SEASON WINS

52 — 1990-91

HOME WINNING STREAKS

42 — 1989-91
37 — 1987-89
31 — 1991-93
26 — 1993-95

SWEEPS IN A SEASON

40 — 1990 ✔- NCAA Record
29 — 1989
28 — 1985
27 — 1986
26 — 1993, 88
25 — 1992
24 — 1995
23 — 1983

KILLS

2,282	Lori Barberich, 1981-84
1,577	JoAnn Elwell, 1987-90
1,482	Marcia Leap, 1982-85

HITTING EFFICIENCY

.385	JoAnn Elwell, 1987-90
.384	Lori Barberich, 1981-84

SOLO BLOCKS

547	Saundi Lamoureux, 1991-94
531	Lori Barberich, 1981-84

ASSISTS

6,596	Michelle Jaworski, 1987-90
5,455	Salima Davidson, 1991-94
4,774	Ellen Hensler, 1983-86

SERVICE ACES

235	Ellen Hensler, 1983-86
186	Vida Kernich, 1983-86
175	Lori Barberich, 1981-84

DIGS

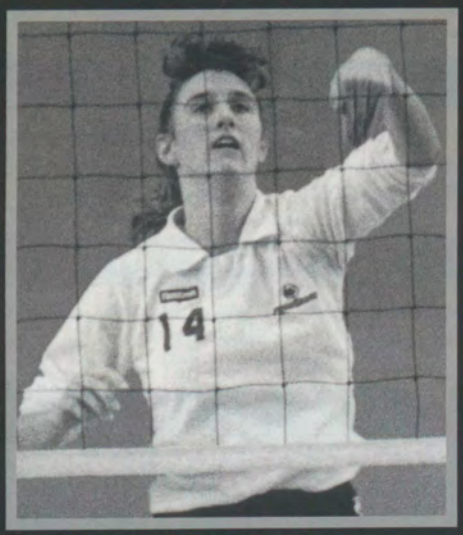
1,685	Kim Kumfer, 1989-92
1,522	Noelle Zientara, 1987-90
1,293	Ellen Hensler, 1983-86
1,278	Salima Davidson, 1991-94

ATTACKS

4,501	Lori Barberich, 1981-84
3,601	Marcia Leap, 1982-85

A trio of All-Americans: (from left) Michelle Jaworski, Leanne Kling & Noelle Zientara.

All-Americans



Penn State has assisted me in reaching the pinnacle of my professional, academic and athletic capabilities. The University has opened doors of opportunity I could never have thought possible. The dedication and discipline instilled in me while attending Penn State will continue to persevere throughout my life.

— Ellen Hensler, All-American, 1985-86

Penn State prepared me academically, as well as athletically, to move into a career with which I am extremely happy and successful. It challenged me to achieve all the goals which I had set for myself, as well as some I never thought I was capable of attaining. My years at Penn State were and will continue to be some of the finest and most memorable years of my life.

— JoAnn Elwell, All-American, 1989-90

Talent-wise, I don't think we were the second-best team in the nation. I think our team's cohesion was good and we worked well together. It's a tradition on the volleyball team at Penn State that everyone makes the effort and sacrifice to get along and that really helps.

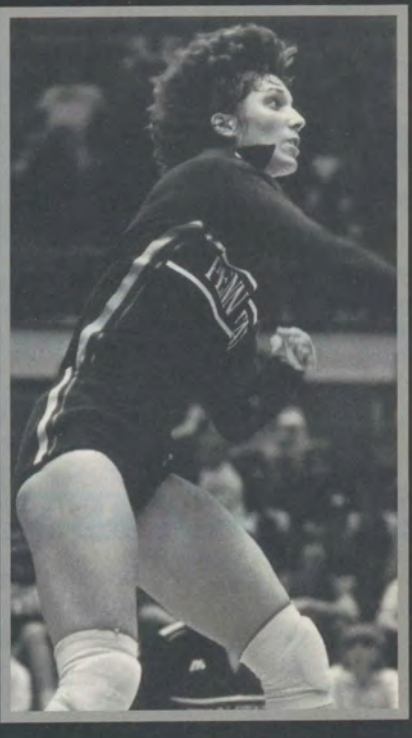
— Salima Davidson (All-American, 1992-94) on the team's second-place national finish in 1993.

I think the Penn State crowd is really knowledgeable of volleyball. I think they really enjoy watching us play. The students and the rest of the crowd really get involved when we play.

— Saundi Lamoureux (All-American, 1994) on the Rec Hall crowds.

Looking back on my four years at Penn State, it is truly a wonderful feeling to know that I reached my full potential both academically and athletically. The volleyball program provided an excellent competitive environment and the training that is necessary to attain success. I am very fortunate to have had the opportunity to compete in a Top 10 Division I volleyball program while receiving a quality education at Penn State. This positive experience laid the foundation for all of my present and future endeavors.

— Lori Barberich-Rose, All-American, 1982-84



College is suppose to be the best four years of your life. Playing volleyball at Penn State proved to be one of the greatest experiences I've ever had. I'll never forget the memories.

— Noelle Zientara, All-American, 1988, 90

I felt really comfortable with the players and Coach. I immediately felt at home on my recruiting trip. I like the mountains and the scenery at Penn State. The education and the athletic program just make it a perfect college environment.

— Laura Cook (All-American, 1994) on why she decided to attend Penn State.

I am very proud to be one of the pioneers who initiated the on-going tradition of success of Penn State volleyball. Penn State is in my heart. I look back very fondly on the academic and athletic experiences I encountered during my undergraduate years.

—Ellen Crandall-Orner, All-American, 1979-81

The greatest statement I could make about my career at Penn State would be that if I had to make the choice again, I would still choose to attend Penn State. The school and program were great for me because it provided me with an atmosphere that allowed me to develop into the best student-athlete I could be.

— Michelle Jaworski, All-American, 1989-90

Penn State was the perfect choice for me because it allowed me to develop and mature as a player and person in a relaxed and enjoyable environment. I wouldn't trade my years as a Penn State athlete for anything.

— Leanne Kling, All-American, 1991-92

Honors & Awards

ALL-AMERICANS

Ellen Crandall, 1979, 80, 81
Lori Barberich, 1982, 83, 84
Ellen Hensler, 1985, 86
Noelle Zientara, 1988, 90
JoAnn Elwell, 1989, 90
Michelle Jaworski, 1989, 90
Leanne Kling, 1991, 1992
Salima Davidson, 1992, 93, 94
Laura Cook, 1994
Saundi Lamoureux, 1994
Terri Zemaitis, 1995

AMATEUR ATHLETIC UNION ALL-AMERICANS

Noelle Zientara, 1987
Tammy Cairl, 1988
Jennifer Schuller, 1988
Terri Zemaitis, 1993
Bonnie Bremner, 1994, 95

ACADEMIC ALL-AMERICANS

Lisa Vernon, 1982
Pam Schaffer, 1983
Carla LeJeune, 1983
Vida Kernich, 1986
Saundi Lamoureux, 1994
Zeynep Ton, 1994, 95

BRODERICK AWARD NOMINEES

Ellen Crandall, 1982
Lori Barberich, 1984

UNITED STATES VOLLEYBALL ASSOC. ALL-ROOKIE TEAM

Ellen Crandall, 1981
Maria Josjoe, 1985

UNITED STATES NATIONAL TEAM

Ellen Crandall, 1979-80
Ellen Hensler, 1987
Michelle Jaworski, 1991
Leanne Kling, 1993
Salima Davidson, 1996

UNITED STATES NATIONAL "B" TEAM

Michelle Jaworski, 1990
JoAnn Elwell, 1990 (alternate)
Salima Davidson, 1993, 1994

UNITED STATES VOLLEYBALL ASSOC. JUNIOR ELITE TEAM

Noelle Zientara, 1987
Heidi Rottinghaus, 1993
Emily Stout, 1994
Bonnie Bremner, 1994
Lauren Cacciamani, 1995

Lori Barberich

WORLD UNIVERSITY GAMES TEAM

Ellen Crandall, 1979-81
Lori Barberich, 1985
Ellen Hensler, 1987
Leanne Kling, 1993

UNITED STATES OLYMPIC FESTIVAL

(Started in 1978)
Ellen Crandall, 1978, 79
Leslie Peters, 1981, 82
Jan Mosier, 1981
Patty Skadeland, 1982
Pam Schaffer, 1982 (alternate)
Lori Barberich, 1982, 83
Marcia Leap, 1982, 83 (alternate)
Ellen Hensler, 1983
Denise Navoney, 1984
Vida Kernich, 1984 (alternate)
Michelle Jaworski, 1987, 91
Elizabeth Ramirez, 1987
Heidi Pilecki, 1987 (alternate)
Tammy Cairl, 1989 (alternate)
Jennifer Schuller, 1989 (alternate)
Sue Boner, 1990
Leanne Kling, 1990
Kim Kumfer, 1990
Noelle Zientara, 1991
Salima Davidson, 1991 (alternate)
Laura Cook, 1993
Terri Zemaitis, 1994
Lindsay Anderson, 1994 (alternate)

SWEDISH NATIONAL TEAM

Maria Josjoe, 1981-85

PUERTO RICO NATIONAL TEAM

Elizabeth Ramirez, 1984-89

AVCA ALL-REGION

Lori Barberich, 1981
Ellen Crandall, 1981
Lisa Leap, 1986
JoAnn Elwell, 1990
Michelle Jaworski, 1990
Salima Davidson, 1993, 94
Saundi Lamoureux, 1993
Zeynep Ton, 1993, 94
Laura Cook, 1994
Terri Zemaitis, 1996

NCAA CHAMPIONSHIP ALL-TOURN. TEAM

Salima Davidson, 1993, 94
Jen Reimers, 1993
Zeynep Ton, 1993

NCAA NORTHEAST ALL-REGION (1986-88)

Vida Kernich, 1986
Ellen Hensler, 1986
Lisa Leap, 1986, 87
Elizabeth Ramirez, 1986, 88
Michelle Jaworski, 1987, 88
JoAnn Elwell, 1987, 88
Noelle Zientara, 1988

NCAA MIDEAST ALL-REGION

JoAnn Elwell, 1990
Michelle Jaworski, 1990
Leanne Kling, 1990, 91, 92
Noelle Zientara, 1990
Salima Davidson, 1991, 92, 93, 94
Jenny Schuller, 1991
Laura Cook, 1992, 94
Kim Kumfer, 1992
Saundi Lamoureux, 1993, 94
Jen Reimers, 1993
Zeynep Ton, 1993, 94,95
Terri Zemaitis, 1995

ALL-BIG TEN (since 1991)

First-Team
Leanne Kling, 1991, 92
Laura Cook, 1992, 94
Salima Davidson, 1992, 93, 94
Saundi Lamoureux, 1993, 94
Jen Reimers, 1993
Zeynep Ton, 1993, 95
Terri Zemaitis, 1995

Second-Team
Salima Davidson, 1991
Jenny Schuller, 1991

Honorable-Mention
Kim Kumfer, 1991, 92
Saundi Lamoureux, 1992
Laura Cook, 1993
Zeynep Ton, 1994
Angie Kammer, 1995

BIG TEN PLAYER-OF-THE-YEAR

Leanne Kling, 1992
Salima Davidson, 1993
Terri Zemaitis, 1995

BIG TEN COACH-OF-THE-YEAR

(Voted by coaches and media)
Russ Rose, 1992, 93

BIG TEN PLAYER-OF-THE-WEEK

Leanne Kling, Oct. 7, 1991
Laura Cook, Sept. 21, 1992
Salima Davidson, Sept. 28, 1992
Leanne Kling, Oct. 19, 1992
Salima Davidson, Sept. 13, 1993
Jen Reimers, Oct. 4 & 18, Nov. 1, 1993
Laura Cook, Oct. 17, 1994
Terri Zemaitis, Nov. 13, 1995

ACADEMIC ALL-BIG TEN

Sue Boner, 1991
Laura Cook, 1992, 93, 94
Pam Petro, 1991
Michelle Robinson, 1991
Jenny Schuller, 1991
Erika Spencer, 1991, 92
Laura Stober, 1991
Kristi Hart, 1992
Saundi Lamoureux, 1992, 93, 94
Julie Miller, 1992
Jenny Myszewski, 1992, 93
Jen Reimers, 1992, 93, 94
Andrea Boner, 1993, 94
Zeynep Ton, 1993, 94, 95
Heidi Rottinghaus, 1994, 95
Jen Burdis, 1994, 95
Lindsay Anderson, 1995
Teri Wroblewski, 1995

ALL-ATLANTIC 10

(Started in 1982)
Patty Skadeland, 1982
Lori Barberich, 1982, 83, 84
Marcia Leap, 1984, 85
Ellen Hensler, 1984, 85, 86
Vida Kernich, 1985, 86
Lisa Leap , 1986, 87
Elizabeth Ramirez, 1986, 87, 88, 89
Michelle Jaworski, 1987, 88, 89, 90
Tammy Cairl, 1988
JoAnn Elwell, 1988, 89, 90
Noelle Zientara, 1988, 89, 90
Kim Kumfer, 1989, 90
Jennifer Schuller, 1989
Leanne Kling, 1990

ATLANTIC 10 PLAYER-OF-THE-YEAR

(Started in 1983)
Lori Barberich, 1983, 84
Marcia Leap, 1985
Ellen Hensler, 1986
Lisa Leap, 1987
Noelle Zientara, 1988
JoAnn Elwell, 1989
Michelle Jaworski, 1990

ATLANTIC 10 ROOKIE-OF-THE-YEAR

(Started in 1983)
Elizabeth Ramirez, 1986
JoAnn Elwell, 1987
Tammy Cairl, 1988
Kim Kumfer, 1989

ATLANTIC 10 ALL-TOURN. TEAM

(Started in 1982)
Lori Barberich, 1982, 83, 84
Patty Skadeland, 1982
Marcia Leap, 1983, 84, 85
Leslie Peters, 1983, 84
Ellen Hensler, 1984, 85, 86
Lisa Chidester, 1985
Lisa Leap, 1986, 87
Vida Kernich, 1986
Elizabeth Ramirez, 1986, 87
Noelle Zientara, 1987, 88, 90
Joanne Elwell, 1988, 89
Michelle Jaworski, 1988, 89, 90
Jennifer Schuller, 1989, 90

ATLANTIC 10 TOURN. M.V.P.

(Started in 1983)
Lori Barberich, 1983, 84
Ellen Hensler, 1985, 86
Lisa Leap, 1987
Noelle Zientara, 1988
Michelle Jaworski, 1989
Jennifer Schuller, 1990

ATLANTIC 10 ALL-ACADEMIC

(Started in 1982)
Pam Schaffer, 1982
Carla LeJeune, 1982
Lisa Vernon, 1982
Lynn Koltookian, 1983
Vida Kernich, 1984, 85, 86
Ellen Hensler, 1985
Julie Firth, 1989
Laura Stober, 1989
JoAnn Elwell, 1990
Michele Robinson, 1990

VOLLEYBALL MONTHLY FRESHMEN TO WATCH

Started in 1983)
Ellen Hensler, 1983
Vida Kernich, 1983
Lisa Leap, 1984
Heidi Pilecki, 1985
Michelle Jaworski, 1986
Elizabeth Ramirez, 1986
Noelle Zientara, 1987
Tammy Cairl, 1988
Kim Kumfer, 1989
Leanne Kling, 1989
Saundi Lamoureux, 1991
Jenny Myszewski, 1991
Angela Kammer, 1993
Heidi Rottinghaus, 1993
Terri Zemaitis, 1994
Nikki Higley, 1995
Emily Stout, 1995
Bonnie Bremner, 1996
Lauren Cacciamani, 1996
Carrie Schonveld, 1996

MAJOR LEAGUE VOLLEYBALL

(Started in 1987)
Ellen Crandall-Orner: Chicago, Dallas, New York, 1987-88
Lori Barberich-Rose: Dallas, 1987
Jan Mosier-Hudson: Minnesota, 1987-88
Ellen Hensler: San Francisco, Minnesota, 1987-88
Michelle Jaworski: Minnesota, 1991

ATHLETES IN ACTION

Chris Lennon, 1983, 84
Laurie Dietsch, 1986

SPECIAL AWARDS

Pam Schaffer, 1984 Ernest B. McCoy Award
Michelle Robinson, 1992 Ernest B. McCoy Award
Ellen Hensler, 1987 Pittsburgh Team Sports Award
Lisa Leap, 1988 Yugo East-West All-Star Classic
Kristi Hart, 1993 Student Marshal (College of Health & Human Development)
Zeynep Ton, 1995 Evan Pugh Award

Zeynep Ton

Series Records

Opponent	Record	Series Started	Last Win/Loss
Akron	2-0	1988	1990/
Alabama-Birmingham	1-0	1988	1988/
American	2-0	1977	1979/
Arizona	2-1	1987	1991/1987
Army	3-0	1990	1992/
Ball State	2-0	1994	1994/
Bridgeport	1-0	1976	1976/
Brigham Young	1-3	1983	1993/1984
Brigham Young-Hawaii	1-0	1992	1992/
Brockport	0-1	1977	—/1977
Brooklyn	1-0	1977	1977/
Brown	1-0	1984	1984/
Bucknell	5-0	1976	1979/
Buffalo	2-0	1977	1979/
Cal Poly San Luis Obispo	1-0	1990	1990/
Cal State-Irvine	1-0	1986	1986/
Cal State-Long Beach	2-1	1983	1990/1993
Cal State - Northridge	1-0	1995	1995/
Cal State-Santa Barbara	0-1	1986	—/1986
Carleton*	1-0	1984	1984/
Central Michigan	4-0	1987	1994/
Cincinnati	4-0	1981	1989/
Clarion	2-0	1978	1979/
Clemson	1-0	1982	1982/
Cleveland State	3-1	1977	1987/1977
Colgate	1-0	1979	1979/
Colorado	4-1	1989	1993/1989
Colorado State	2-0	1980	1986/
Connecticut	5-1	1977	1995/1977
Cortland	1-3	1977	1979/1978
Delaware	2-0	1979	1981/
Duke	7-0	1985	1995/
Duquesne	7-1	1976	1990/1976
East Carolina	2-0	1980	1981/
Eastern Illinois	2-0	1986	1990/
Eastern Kentucky	3-1	1981	1988/1985
East Stroudsburg	4-5	1976	1980/1977
Edinboro	4-3	1981	1981/1978
Fairleigh Dickinson	4-0	1980	1982/
Florida	3-0	1986	1989/
Florida International	1-0	1981	1981/
Florida State	2-1	1983	1994/1983
Franklin & Marshall	1-0	1976	1976/
George Mason	8-0	1986	1995/
Georgetown	22-5	1976	1991/1979
George Washington	19-2	1977	1991/1980
Georgia	0-1	1986	—/1986
Georgia Tech	2-0	1993	1995/
Grove City	1-0	1979	1979/
Hawaii	1-0	1993	1993/
Hofstra	6-0	1981	1990/
Houston	2-2	1980	1987/1982
Howard	1-0	1979	1979/
Illinois	9-4	1981	1995/1995
Illinois-Chicago Circle	3-0	1982	1989/
Illinois State	2-2	1981	1993/1985
Immaculata	0-1	1976	—/1976
Indiana	12-0	1982	1995/
Indiana (Pa.)	5-1	1976	1979/1976
Iowa	10-0	1991	1995/
Iowa State	1-0	1995	1995/
Jacksonville	1-0	1986	1986/
James Madison	3-0	1977	1982/
Kean	1-0-1	1976	1978/
Kent State	6-0	1981	1994/
Kentucky	5-1	1982	1986/1983
Lamar	1-0	1982	1982/
Laurentian*	2-0	1980	1985/
Lehigh	4-0	1989	1995/
Liberty	2-0	1989	1990/
Long Beach State	2-1	1989	1990/1993
Louisiana State	7-2	1982	1995/1992
Louisville	3-1	1982	1986/1983
Loyola (Md.)	1-0	1981	1981/
Mansfield	2-0	1977	1978/
Maryland	17-4-1	1976	1990/1980
Maryland-Baltimore County	1-0	1981	1981/
Massachusetts	6-0	1986	1990/
Memphis State	1-0	1988	1988/
Miami (O.)	2-0	1990	1991/
Michigan	11-1	1981	1995/1995
Michigan State	8-3	1985	1994/1995
Minnesota	10-2	1983	1995/1993
Missouri	3-0	1984	1987/
Montana	1-0	1983	1983/
Morehead State	1-0	1983	1983/
Navy	5-1	1978	1980/1979
Nebraska	2-8	1981	1994/1995
New Hampshire	1-0	1983	1983/
New Mexico	1-1	1989	1995/1989
New Mexico State	1-0	1985	1985/
New York Tech	2-0	1979	1985/
North Carolina	5-0	1981	1989/
North Carolina-Greensboro	0-1	1977	—/1977
North Carolina State	6-0	1978	1989/
Northeastern	1-0	1988	1988/
Northern Illinois	1-0	1993	1993/
Northwestern	12-6	1981	1995/1991
Notre Dame	7-1	1984	1994/1988
Ohio State	11-8	1981	1993/1995
Oklahoma	1-0	1981	1981/
Oneonta	1-0	1978	1978/
Oregon	1-0	1985	1985/
Oregon State	1-0	1995	1995/
Pacific	1-3	1981	1984/1984
Pennsylvania	5-0	1977	1985/
Pittsburgh	27-16	1977	1993/1987
Portland State	1-0	1983	1983/
Princeton	6-2	1977	1984/1977
Providence	10-0	1981	1988/

Series Record

Opponent	Record	Series Started	Last Win/Loss
Purdue	14-5	1981	1995/1987
Queens	3-0	1981	1986/
Rhode Island	24-1	1979	1990/1985
Rice	1-0	1985	1985/
Robert Morris	2-0	1976	1977/
Rutgers	20-9	1977	1994/1982
St. Bonaventure	8-0	1987	1995/
Salisbury State	3-0-1	1976	1977/
San Diego State	2-3	1980	1990/1988
San Francisco	1-0	1994	1994/
San Jose State	1-2	1983	1989/1986
Slippery Rock	2-1	1976	1977/1976
South Carolina	1-0	1981	1981/
Southeastern Louisiana	1-0	1992	1992
Southern California	0-1	1980	/1980
Southern Connecticut	2-0	1978	1980/
Southern Illinois	3-1	1982	1993/1987
South Florida	2-0	1986	1988/
Southwest Missouri	1-1	1981	1988/1981
Stanford	0-1	1992	/1992
Syracuse	6-0	1977	1992/
Temple	13-3	1977	1992/1978
Tennessee	5-3	1982	1989/1984
Texas	1-6	1982	1990/1989
Texas A & M	3-0	1983	1990/
Texas-Arlington	3-4	1981	1990/1989
Toledo	2-0	1983	1985/
Towson	1-0	1980	1980/
Trenton State	0-0-1	1976	
UCLA	1-4	1983	1994/1994
Utah	1-0	1983	1983/
Utah State	2-0	1983	1984/
Villanova	8-0	1985	1992/
Virginia	4-0	1982	1990/
Virginia Commonwealth	2-1	1977	1986/1977
Wake Forest	1-0	1978	1978/
Washington	1-1	1992	1995/1992
Washington College	1-0	1978	1978/
West Chester	2-0	1977	1979/
Western Michigan	5-3	1980	1991/1987
West Texas State	1-0	1985	1985/
West Virginia	22-0	1976	1995/
William & Mary	8-1	1976	1990/1976
Wisconsin	12-0	1986	1995/
Wyoming	3-0	1981	1986/
Yale	2-0	1978	1978/

At A Glance

THE BIG TEN CONFERENCE IN THE NCAA CHAMPIONSHIP

1.	Penn State	15	1981, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95
2.	Illinois	11	1985, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95
3.	Purdue	7	1981, 82, 83, 84, 85, 87, 90
4.	Ohio State	7	1989, 90, 91, 92, 93, 94, 95
5.	Northwestern	4	1981, 82, 83, 84
	Wisconsin	4	1990, 91, 93, 94
7.	Iowa	2	1989, 94
8.	Minnesota	2	1989, 93
9.	Michigan State	2	1994, 95
10.	Indiana	1	1995

Penn State is one of only five teams in the country that has competed in all 15 NCAA Championship Tournaments.

PENN STATE IN THE TACHIKARA COACHES TOP 20 POLL

1984:	14th	1990:	6th
1985:	20th	1991:	16th
1986:	14th	1992:	9th
1988:	20th	1993:	7th
1989:	11th	1994:	5th
		1995:	8th

Only 12 teams in the nation have competed in the last six NCAA Championships.

Here's a glance at the success of those elite programs:

UCLA	192-17	.918
PENN STATE	195-28	.874
Nebraska	171-25	.872
Long Beach State	187-28	.869
Brigham Young	160-36	.816
Ohio State	155-38	.803
Texas	165-44	.789
Stanford	163-44	.787
Florida	164-46	.780
Hawaii	144-43	.770
Pacific	150-46	.765
Cal Santa Barbara	154-50	.754

THE LIONS' DEN

A loyal fan shows his colors.

Welcoming another foe to the Lions' Den.

The Lady Lions Feel Right At Home...

...posting an overall record of 251-19 (a 92.9 winning percentage) on its familiar court since the program began in 1976 and are 241-14 (94.5) in Rec Hall under head coach Russ Rose.

The Lady Lions celebrate a win.

Penn State has recorded EIGHT undefeated seasons at home:

1978	*4-0*
1981	*8-0*
1983	*12-0*
1984	*8-0*
1985	*12-0*
1988	*19-0*
1990	*22-0*
1992	*18-0*

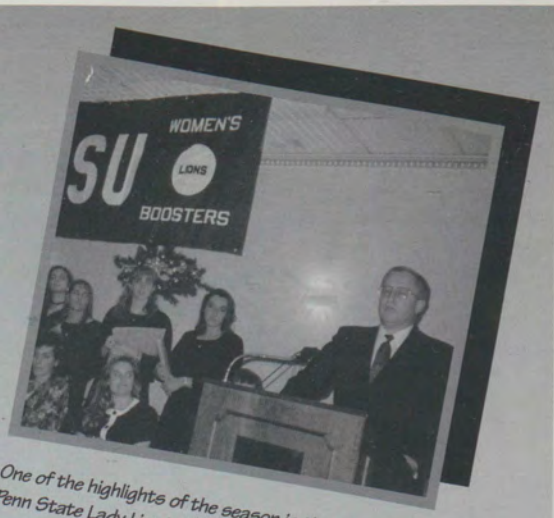
Penn State boasts a 8-0 record in NCAA Championship games played in Rec Hall.

Thanks in part to the faithful followers of Penn State volleyball, the Big Ten Conference has led the nation in attendance for five of the last six seasons!

Six Big Ten teams were among the Top 20 in average attendance last season, including Penn State at No. 15!

Fans line up for the serving contest.

Coach Russ Rose discusses strategy with club members at an informal question and answer session in the Fireside Room of the Nittany Lion Inn following a Rec Hall match.



One of the highlights of the season is the annual Penn State Lady Lion Volleyball Booster Club Banquet.

The Lady Lion Volleyball Booster Club

was formed to promote women's volleyball at Penn State and in the community and to provide support for the student-athletes. The Club sponsors a pre-season picnic, a post-season banquet and hospitality events after home matches.

Persons interested in joining the Club may write: Penn State Lady Lion Volleyball Booster Club, P.O. Box 133, State College, Pa. 16804-0133.

Members of the Lady Lion volleyball team and Club members enjoy socializing at the Nittany Lion Inn after a Big Ten match.

Past-president Don Widener displays one of the plaques presented to each senior at the annual Club banquet.

Tom Tait, the first coach of women's volleyball at Penn State, presents coach Russ Rose with a recognition award at the Club banquet.

penn State

University Photo/Graphics

Penn State University, first chartered in 1855 with a faculty of four to teach its initial student body, has developed into one of the nation's preeminent institutions of higher education.

Since its inception 141 years ago, Penn State has conferred nearly 427,000 degrees. The University has 340,000 living alumni, which means one out of every 720 people in the United States is a Penn State graduate! And one in 70 Pennsylvanians attended Penn State. Nearly 69,000 students are involved in undergraduate and graduate studies at the University Park campus and Commonwealth Campuses throughout the state.

The University Park core campus is comprised of almost 500 acres and some 600 buildings — from classrooms to office buildings and residence halls to laboratories. The campus, surrounded by the town of State College, rests in the Nittany Valley in the picturesque mountains of Central Pennsylvania.

While Penn State has undergone dynamic changes, its mission remains the same — to provide teaching, research and public service of the highest quality to the people of the Commonwealth, the nation, and the world.

Penn State Public Information

University Photo/Graphics

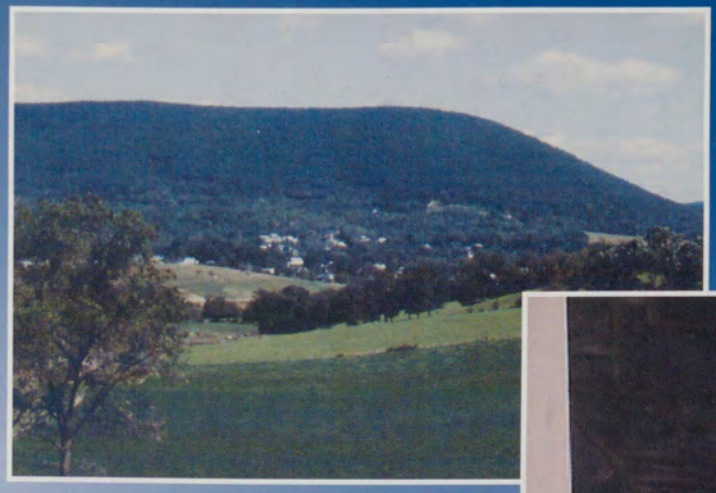
THE BIG TEN ADVISORY COMMISSION

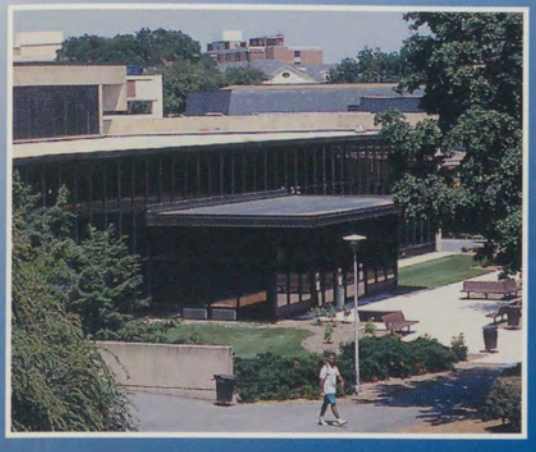
Long a leader in innovative practices and policies beneficial to intercollegiate athletics, the Big Ten Conference has been at the forefront in addressing and investigating the problems and concerns of minority student-athletes.

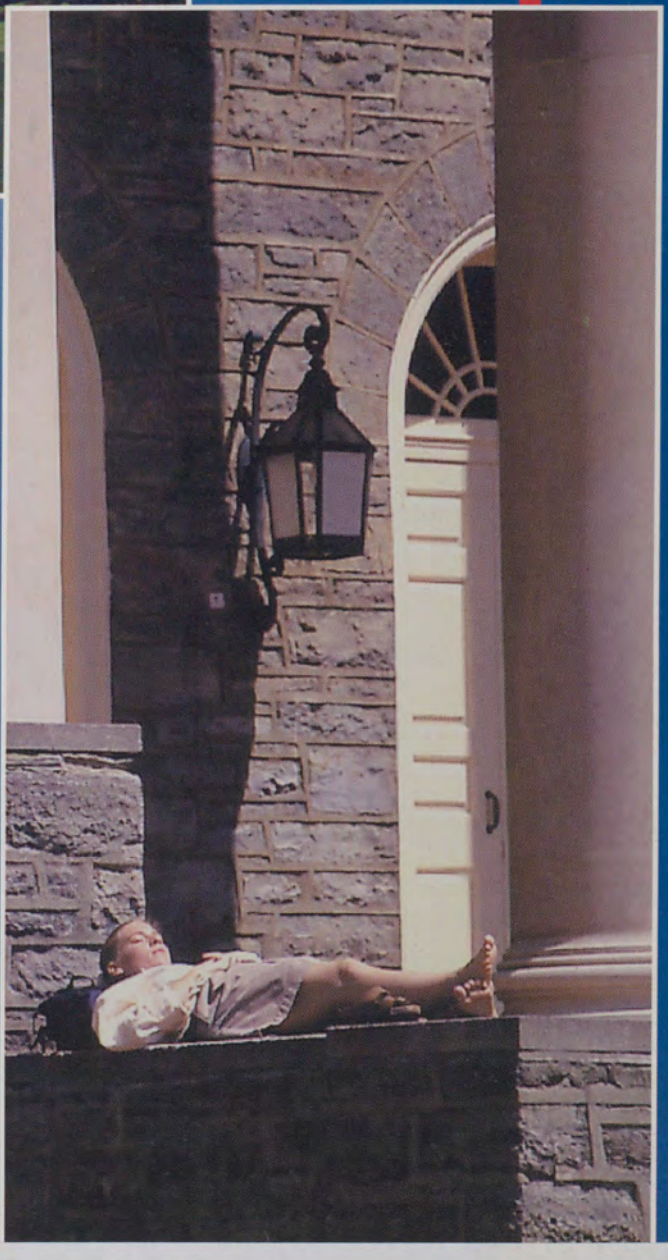
The Big Ten Advisory Commission, formed almost 20 years ago, represents a positive approach to achieving the Big Ten's goal of providing quality and equal education for all of its student-athletes. The Commission consists of 11 former African-American alumnae and alumni from each member University. Each individual represented their institution in athletics and now are prominent professionals in their chosen fields.

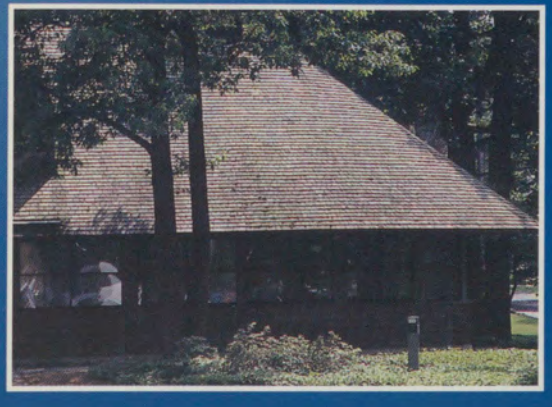
John Greene, newly-appointed assistant to Athletic Director Tim Curley and a financial consultant for Merril Lynch, is the Penn State representative on the Advisory Council. A former Penn State football captain and a member of the 1986 National Championship team, Greene succeeded Bob White, who was a member of the Nittany Lions' 1982 and 1986 national championship football teams.

The Penn State campus lies in the shadow of the legendary Mt. Nittany in what is affectionately known as "Happy Valley."









WE
ARE
PENN
STATE